

Dealing with Information Overload featuring Jeff Davidson

October 20th, 2008 by [Bill Baren](#)

Information Age is over! Personal power no longer equates to having the most information. The secret to a productive and fulfilling life is becoming much more about what you don't let in rather what you accumulate.

So I am excited to bring you the tools that allow you to be more effective in these overwhelming times.

Most people can handle working longer hours; it's everything else competing for your attention that leaves you feeling overwhelmed. Learn to overcome overwhelm and information overload with Jeff Davidson.

Jeff Davidson offers time and stress management techniques that most people have never considered and innovative methods for daily effectiveness that anyone can master.

Also, you will learn Jeff's time management secrets for having the time to write 24 popular books for the busy professional, including "The Complete Idiot's Guide to Managing Your Time," "The Joy of Simple Living" and "The Complete Idiot's Guide to Managing Stress" a step-by-step guide is for anyone who has ever said, "I'm so stressed out!"

Jeff will motivate you to take what you've learned right back to your office or your home and put it into practice.

Please add a comment below sharing one or two main lessons that you can bring into your life or business from the Jeff Davidson teleseminar. This will serve two purposes:

1. This will solidify your commitment to take action
2. You will help others learn from you

Example -> xxxx is what I learned and xxxx is how my life will be different as a result.

I'm looking forward to seeing and responding to all of your comments...

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Topics: [Getting Things Done](#), [Productivity](#), [Time Management](#), [Time Management Tools](#)

14 Responses to "Dealing with Information Overload featuring Jeff Davidson"

1. [Stephanie Bell the Spirit Coach](#) Says:

[October 21st, 2008 at 12:55 pm](#)

I appreciated the call very much — thank you.

The biggest takeaway for me (that seems to be a recurring theme the Universe is sending 2 me!) is the REQUIREMENT to create time to do NOTHING to allow Divine Inspiration to flow freely.

The 2nd biggest and ANOTHER recurring theme — is killing off extraneous info! I'm UNsubscribing from email marketing lists at the SPEED OF LIGHT and can feel FREEDOM flowing every time I CONFIRM the UNSUBSCRIBE! :)

Blessings!

Stephanie Bell the Spirit Coach

<http://twitter.com/SpiritCoach>

2. [Good Vibe Coach](#) Says:

[October 21st, 2008 at 1:02 pm](#)

Rocking call, Bill & Jeff!

One thing at a time is something I am taking to heart, as well as creating a 30 minute sanctuary every day.

Thanks for the GREAT info!!

Jeannette

3. *Diane Wilson* Says:

[October 21st, 2008 at 1:05 pm](#)

I need to delegate more of what needs to be done — is what I learned and then I will be able to take some time as a sanctuary — is how my life will be different as a result.

Thanks, Bill!

4. *Cindy* Says:

[October 21st, 2008 at 1:05 pm](#)

I comment to focusing on accomplishing one main task each day.

5. *Lisa Snider* Says:

[October 21st, 2008 at 1:07 pm](#)

I learned that I don't have to know EVERYTHING and that I can and must take time for myself. I'm also going to stop making to-do lists (unimportant tasks I will never do) and I'm going to stop subscribing to magazines that will just end up unread in a pile! All of this will make me more effective with those things in my life that are true priorities.

6. *Deborah* Says:

[October 21st, 2008 at 1:09 pm](#)

The one thing I need to do is master my desk situation. I need to get more table top area and spend time clearing at the end of the day so I start fresh in the AM.

A very valuable hour spent. Thank you!

7. *Karen Singer* Says:

[October 21st, 2008 at 1:16 pm](#)

Narrow the field and make fewer decisions in a given day is a wonderful time management tip that I will implement. As a woman, I always believed we were meant to multi task, but by giving something my undivided attention and practicing the art of doing ONE thing at a time, I expect to lose the feeling of being overwhelmed and give myself that sense of completion.

8. *angela* Says:

[October 21st, 2008 at 1:18 pm](#)

Right now, VERY important to me are 2 things:

1. finding / making my Sanctuary - more reflection.
2. making the list of "what do I want to accomplish today, this week, etc?" and note what I have accomplished - to get the sense of completion.

Actually, the second one might be (right now) even more important than the first one.

Most of my life, I used to focus on ALL the incomplete things = MOUNTAINS! I used to be ever so frustrated with me and life.

Has improved but doing it on paper and regularly, will help a lot.

Time for reflection is very important and - I agree with you - scheduled is better.

I expect it will help me to be more in touch with myself and to feel much better about myself and my life when I have a sense of completion.

This will strengthen me to deal with more - because it will be easier when I have the knowledge that I am a completer :))) (so different to the past).

Thank you so much for these seminars. This one I found particularly interesting (not just the two above points).

I wish you lasting success with all your endeavours.

Kind regards
Angela

P.S. I like your voice, “muchly” 😊

9. *George Says:*

[October 21st, 2008 at 1:32 pm](#)

One thing I took away was an AWARENESS of the gigantic amount of information I have access to, and how much we have rushing in.

This makes it clear to me what I need to do: be more proactive about turning off the streams of information that aren't useful, and choosing the ones that are useful.

Thanks for the thought-provoking interview!

10. *Barbara Says:*

[October 21st, 2008 at 1:48 pm](#)

I am retired and believe it or not, having this extra time I have felt MORE harried...I have tried to fit in too much saying to myself, “You have so much time, you can read more publications both online and in the mail!” I now have permission to let go of the need to KNOW everything from so many different sources...as you so clearly stated: Anything we want to know we could find out in a matter of seconds!
So:

First and foremost:
prioritize and make a list of what I want to accomplish each day

Do ONE THING at a time.

Next: take control of publications I receive so I can have less clutter. Info is always available online.
Thanks for a very helpful interview!

11. *Megan Says:*

[October 21st, 2008 at 4:53 pm](#)

I must say, I felt better about all the things I've left incomplete when I saw the breakdown of how much information comes in each second!

I'm committing to setting a few key long-term goals and add these to my ongoing to-do list or another prominent place that I can be reminded of them. I'm also looking to schedule weekly/monthly times on my calendar to check in on goals/priorities and ask, “Am I living w/ my intentions in mind or do I need to adjust?”

Also when I'm feeling overwhelmed, take a good look at the information inputs I'm getting and downsizing these to a more manageable size.

Oh and I think I need to put a post-it on my computer screen (or perhaps a tattoo) of my new mantra:
Do ONE THING at a time. Good reminder when I have 10 browser tabs open...

12. *Rebecca Says:*

[October 21st, 2008 at 5:14 pm](#)

Focus.
Get back on track.
Do it in my personal style.