

# Book Review

## A Minute to Think by Juliet Funt from **Radical HR**

Just like a good fire needs oxygen and space to not only survive, but grow, so do we! Many of us live our lives where instead of our ducks being in a row, our squirrels are at a rave. How many times have you heard (or said), I'm soooooo busy! 🐿️

Juliet Funt's book "A Minute to Think" helps us to identify insatiability, conformity, and waste as the three main factors we become overworked and "busy". She teaches and reminds us with refreshing practicality and clarity how powerful intentional pauses and reflection can be, and how to implement them.

Funt, through her storytelling, humour, insights backed by research, and easily applicable tools and tips allow us to break through the productivity treadmill and take a slower and calmer approach to daily life. "A Minute to Think" will help you reclaim creativity, conquer busyness and doing your best work. 🕒

One of the best ways I can describe what you come away with it is using Funt's analogy. It is similar to the feeling that you get when you have a freshly cleaned house (or room) with no clutter, where you become instinctively aware of the possibilities. Our brains find the same creativity when we provide it the same opportunities.

Welcome to the concept of "white space". Funt unpacks for us in an easy to understand way complex psychological concepts, and it is the kind of book with many "LOL" and "Aha" moments. I found this a hugely valuable coaching tool, not only for myself but with my team – and it is incredibly easy to pull out a concept or principle one at a time to work on. It is a guide on how to intentionally create new norms in your culture.

👉 This is one of my all-time favourite books – it is used weekly and is a living document for me. It has been heavily underlined, notes and links to other concepts, leaders, researchers, and authors (Prof. Geert Hofstede, Dee Hock, Tiago Forte, James Clear, GTD) are scribbled throughout, drawn in the margins, and the gold reflective prompts highlighted.

This book is transformational, an easy read that you can pick up and put down, has plenty of white space and diagrams that bring her principles to life. Most importantly it is essential for anyone wanting to reclaim control over their time and delivers a roadmap on how to get off the path of the endless cycle of busyness and discover the impact that white spaces not only have on our productivity, but also well-being.

If you would like support to reclaim control over your time so that you can embrace the power of intentional pauses and reflection, reach out - I'd love to buy you a coffee and chat more!

~ Lisa