

THE LIFE STYLIST PODCAST

WITH LUKE STOREY

EPISODE UPGRADE

EPISODE #007

OUTSOURCE YOUR OVERWHELM

WITH ARI MEISEL



THIS WEEK'S GUEST



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WEBSITE BLOG PODCAST

LESS DOING BOOTCAMP

1-ON-1 COACHING

INBOX ZERO 10-DAY COURSE



ABOUT ARI

Do you feel like your to-do list never gets done? Do you strive to be focused and productive, but never seem to get your head above water? You might be working with a broken productivity system, or worse- no system at all. What if there was a way to outsource anything and everything that you don't personally need to do?

Well, it turns out there is! On today's show, I interview world-renowned productivity expert Ari Meisel. Ari shares a host of various apps, techniques and hacks you can use to deal with some of the tedious day-to-day tasks & minutiae that tend to bog us down so that we can be our best, happiest and most productive selves.

Ari Meisel is an achievement Architect, Author, Speaker, and Teacher. He launched his speaking career with a TEDx talk in 2008. Since then, he has spoken to thousands of high-end executives in all industries showing how they can recline their time so that they can live more. He teaches personal and organizational productivity, health and wellness, entrepreneurship, biohacking and human performance. Ari has developed a fantastic system of productivity and a book called Less Doing More Living, which is broken down in 9 fundamentals. He's also the host of one of my favorite podcasts called Less Doing.

Enjoy a more productive you, and share share this show with someone who needs it.

EPISODE BREAKDOWN

- How Ari's productivity system was born
- What is overwhelm
- Using memory & optimizing brain power
- Creativity boost
- Email management
- Productivity, delegating tasks
- Getting Things Done method & personality types
- Productivity solutions & systems for creative entrepreneurs
- Peak time & productivity
- On-demand apps

ARI'S 3 LIFESTYLE RECOMMENDATIONS

- Emergency - Book by Neil Strauss
- The Secret Life of Harry Houdini - Book by William Kalush
- The Fountain Head - Book by Ayn Rand

RELATED SHOWS

- Episode #4: Evan Brand - The Zen of Stress

EPISODE REFERENCES

- Less doing, more living - Ari's productivity concept
- The Four-Hour Workweek - Book by Timothy Ferriss
- Getting Things Done (GTD) - Productivity method by David Allen
- Peaktime - Consistent, simple, and accurate way of measuring cognitive function
- Operator - iPhone app that connects you to experts to help find you what you want, when you want
- Fancy Hands - A team of US-based assistants at your fingertips
- Shyp - Shipping door service: pick up, package and delivery
- Washio - Premium dry cleaning & laundry services delivered to your door
- Parcel - Track deliveries on iPhone, iPad or Apple Watch
- Doorman - Online purchases get delivered when you want them to, no more stolen packages or missed delivery notices
- PillPack - Full-service pharmacy delivered to your door
- Evernote - Productivity app that keeps your projects, ideas, and inspiration handy across all your digital devices

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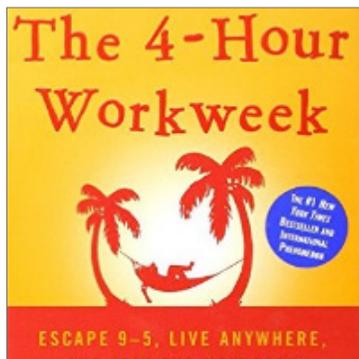
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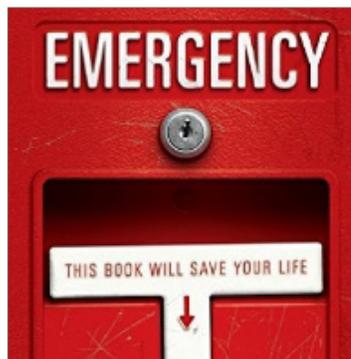
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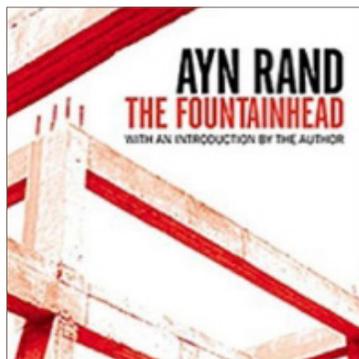
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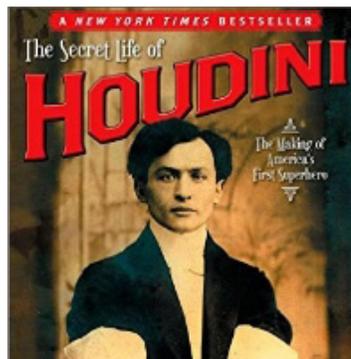
THE FOUR-HOUR WORKWEEK
BY TIMOTHY FERRISS



EMERGENCY
BY NEIL STRAUSS



THE FOUNTAINHEAD
BY AYN RAND



THE SECRET LIKE OF HOUDINI
BY WILLIAM KALUSH

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ABOUT LUKE STOREY

Luke Storey, a former Hollywood Celebrity Stylist, has spent the past 20 years developing and refining a robust way of life based on the principles of nature and spirituality, while embracing technology and modern convenience.

Using himself as a human research lab, Luke has explored a broad and sometimes extreme variety of measures to obtain optimal health, performance, and well-being. From being injected with poisonous frog venom, to enduring weeks of neurofeedback meditation in an isolation chamber, Luke has scoured the earth for the most cutting edge as well as ancient technologies and used them to transform his life and the lives of countless others.

Luke is a Life Stylist, public speaker, and entrepreneur, who continues to share his strategies for healing and happiness through his private and corporate coaching services.

Since 2008 Luke has also served as Founder and CEO at School of Style, the nation's most prominent fashion school for stylists.

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LUKE'S LIFESTYLE TIPS

- Detox Your Home: Trash all chemical food, cleaning, and personal care products. Filter shower and bath water. Use organic bedding.
- Optimize your soul. Learn to meditate, and then do it daily. Guided meditations are a great way to start. Read some spiritual literature every morning.
- Move your body every day. If you workout hard-recover harder. Focus on mobility and range of motion over cosmetics.
- Only drink and cook with spring water in glass, whenever possible.
- Treat sleep as the sacred practice it is. Sleep in a cold, dark room, and remove electronics from the bedroom. Avoid blue light after dark. Save up for a Samina Sleep System.
- Only eat organic food. Lots of healthy fats, moderate protein, and tons of veggies. Green smoothies are an easy way to get greens into you. Limit sugar and carbs.
- Avoid all negative thoughts as your primary purpose every day. Think of complaining as smoking, and do your best to quit. Be of service to your fellow man in some way each day. Focus your attention on other people, as the highest expression of your self-love.

SUPERCHARGED BULLETPROOF COFFEE RECIPE



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ABOUT THE PODCAST

The Life Stylist Podcast is a show for people who are dedicated to living life at the highest level of human potential. Our host Luke Storey brings you the most thought-provoking interviews with the biggest experts in the fields of health, spirituality, and personal development. Past guests have included relationship guru John Gray, natural living expert Evan Vitalis, biohacking super-genius Dr. Jack Kruse, and fitness master Ben Greenfield.

The show covers an ever-expanding range of topics including sex and relationships, yoga, meditation, smart drugs, health myths and medical conspiracies, spirituality, mindfulness, health food and supplementation, herbs and alternative medicine, and digs deep into biohacking technologies and tactics.

Luke Storey is a former celebrity fashion stylist- turned public speaker, thought leader and entrepreneur, who has spent the past 20 years relentlessly searching the world over to design the ultimate lifestyle through his extensive, and sometimes even dangerous, personal research and development. Using The Life Stylist Podcast as his delivery platform, Luke continues to share his strategies for healing, happiness, and high-performance living each week so that you the listener can use this knowledge to design YOUR ultimate lifestyle.

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