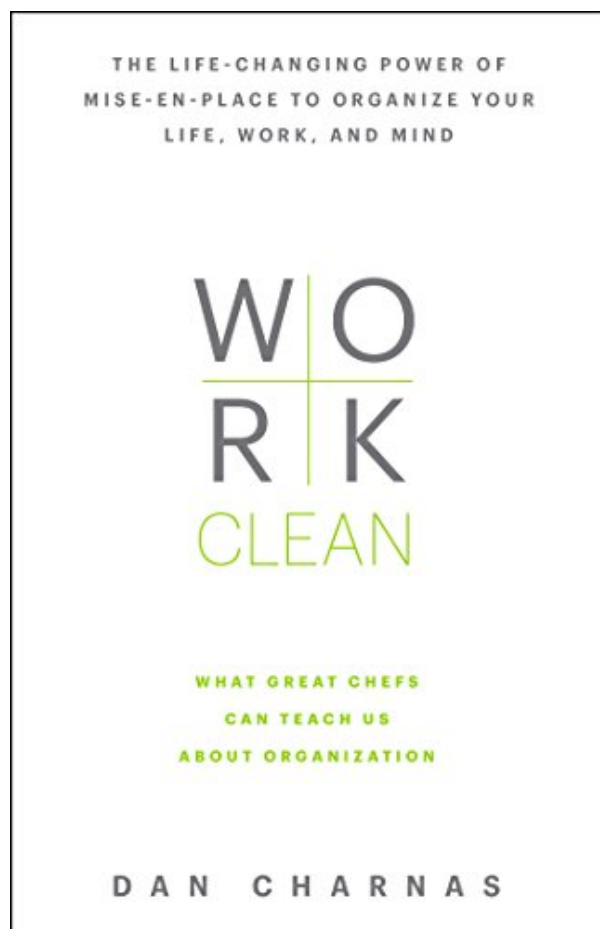


WORK CLEAN: THE LIFE-CHANGING POWER OF MISE-EN-PLACE TO ORGANIZE YOUR LIFE, WORK, AND MIND BY DAN CHARNAS



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CAN TEACH US
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Review

"Finally a book that shows the rest of the world that a chef's meticulous need for order isn't about obsession-- it's a way to set them up for success."

--Chef Marcus Samuelsson

"A distinctive and fascinating read! *Work Clean* shares the skills used by chefs to help you manage your time and resources to effectively get the most out of life."

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?Chef Eric Ripert

About the Author

Dan Charnas is an award-winning culture, lifestyle, and business writer. Recipient of the 2007 Pulitzer Fellowship for Arts Journalism, his first book, *The Big Payback: The History of the Business of Hip-Hop*, was called “a classic of music-business dirt digging as well as a kind of pulp epic” by *Rolling Stone*. He lives in New York City.

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The first organizational book inspired by the culinary world, taking mise-en-place outside the kitchen.

Every day, chefs across the globe churn out enormous amounts of high-quality work with efficiency using a system called mise-en-place—a French culinary term that means “putting in place” and signifies an entire lifestyle of readiness and engagement. In *Work Clean*, Dan Charnas reveals how to apply mise-en-place outside the kitchen, in any kind of work.

Culled from dozens of interviews with culinary professionals and executives, including world-renowned chefs like Thomas Keller and Alfred Portale, this essential guide offers a simple system to focus your actions and accomplish your work. Charnas spells out the 10 major principles of mise-en-place for chefs and non chefs alike: (1) planning is prime; (2) arranging spaces and perfecting movements; (3) cleaning as you go; (4) making first moves; (5) finishing actions; (6) slowing down to speed up; (7) call and callback; (8) open ears and eyes; (9) inspect and correct; (10) total utilization.

This journey into the world of chefs and cooks shows you how each principle works in the kitchen, office, home, and virtually any other setting.

- Sales Rank: #121375 in Books
- Brand: Charnas Dan
- Published on: 2016-05-03
- Released on: 2016-05-03
- Original language: English
- Number of items: 1
- Dimensions: .35" h x .4" w x 5.80" l, .0 pounds
- Binding: Hardcover
- 304 pages

Features

- *Work Clean The Life Changing Power of Mise En Place to Organize Your Life Work and Mind*

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Most helpful customer reviews

51 of 52 people found the following review helpful.

Tried systems like GTD? This is the next stage in your evolution

By Robert

I was a little skeptical of the whole "How working like chefs can you make you more productive and effective" type-approach, but by a few chapters in I realised I had to finish the whole thing in one go and takes notes.

Here's the deal:

If you're frustrated with the lack of progress you're making towards goals in your life, but you think you've tried it all using the GTD workflow, habit apps, or "time blocking", then I urge you to give this book a try. I've been frustrated with all of those methods.

GTD workflow and apps had me ticking off lots of little tasks but not making any real progress with my big goals. Habit apps are great, but predictable and daily habits like exercising or drinking water don't contribute to big and unpredictable goals related to business and your career. "Scripting your day" or "time blocking" CAN be great if you've already competent and clear on what you should be doing and how long it takes and have minimal distractions; however that's not a complete and holistic system in and of itself. Every time I've

tried scripting my day it was a failure either because the time blocks were too specific, too vague, or too ill-prepared in advance.

This book helps you reconcile all of these different problems. "Working clean" isn't just a productivity system. It's a philosophy and approach to being effective that includes rules, sequencing, habits, and systems that bring clarity and flow to your work. It stops me from running around in a blind panic ticking off menial tasks OR following an unrealistic schedule. Both of these behaviors always made me feel miserable at the end of the day when I realised I had made no real progress on anything of big importance.

I strongly recommend you give the book a try if you've had similar challenges in your work.

14 of 14 people found the following review helpful.

I've been working on fostering Mindfulness, this book describes ...

By Ashley Buchanan

I've been working on fostering Mindfulness, this book describes living an entire lifestyle of readiness and engagement. Mise-en-place has been instrumental in my day to day- planning, arranging spaces and perfecting movements; cleaning as you go; making first moves; finishing actions; slowing down to speed up; call/callback; open ears and eyes; inspect and correct; and total utilization. I'd suggest reading it with Pema Chodron's "Living Beautifully", Marcus Aurelius' "Meditations", some Non-Violent Communication, and maybe some Michael Pollan or Anthony Bourdain depending on your mood.

7 of 7 people found the following review helpful.

A Plan

By Winghove

Great writing. Follow the rules and you could just about do anything with a feeling of accomplishment.

See all 34 customer reviews...

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