



# 20,000 Days and Counting: The Crash Course For Mastering Your Life Right Now

*Robert D. Smith , Andy Andrews (Foreword)*

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**The day for change is today and it's more simple than you realize.**

Most people sleepwalk through day-to-day life, passively letting time slip away. Unfortunately, the only thing that can usually wake people up to the intensity of life is impending death. But what if it didn't have to be that way? *20,000 Days* presents breathtakingly simple strategies and concepts that, once applied, will enable readers to be 100% present and intentional with every passing minute of every day, for the rest of their lives.

The book is designed to be read in under an hour and the effect is immediate. Within each segment are tactics for mastering control for your life; principles such as:

Motivation is a myth

You only have two choices, yes and no

How to conquer rejection forever

How BECOMING the problem will SOLVE all your problems

Three sentences that will change your life immediately

These timeless principles apply to everyone from the pending graduate to the seasoned business professional; from the time-starved parent to the weary pastor to the restless entrepreneur.

On the 20,000th day of his life, the author sent an email that inspired and reminded a group of people of all ages to live in the moment. This group now includes you.

## 20,000 Days and Counting: The Crash Course For Mastering Your Life Right Now Details

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**Life Right Now Robert D. Smith , Andy Andrews (Foreword)**

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## **From Reader Review 20,000 Days and Counting: The Crash Course For Mastering Your Life Right Now for online ebook**

### **Tia says**

I stumbled upon this book because a friend's wife recommended it to him. I think this possible was the best (& a quick read) read I have read in awhile. Some of the statements just linger in the mind for awhile and others give you a quick dose of reality. It gives you the stepping stones to act upon things & the rest it up to go. Highly recommend reading this book.

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### **Julia Southwick says**

This book was full of cliches and seemed overly simplistic. If it wasn't so short I never would've finished it.

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### **Rick Theule says**

Great book to help you determine your passion in life!

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### **Kevin says**

I have heard or read all, at least most... of this before. I gave it 5 stars because I was able to hear the message better. Also its brevity. Maybe I just read it at the right time. Some thing resonate better at certain times. Worst case it is a short read and you will feel better when you are done.

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### **John Browning says**

Great short read for a better perspective on life.

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### **Cheree says**

20,000 Days is a quick read. coincidentally, I received this book on my 20,000th day of being alive. This was not by design (or at least not by my design!). I simply heard about the book (I believe via Dave Ramsey's Entreatership and thought sounded worthwhile.) I didn't realize until I had started the book and went to the website to calculate my days, that was the case.

Is there any earth shattering new information in this book? Not really. But it serves as a good reminder that time passes quickly... too quickly. And also is a good reminder that time is the only thing we can't regain when spent or lost.

Whether we have a defined number of days on this earth, or whether we can exercise some control over their length, or whether circumstances beyond our control can cut our lives short suddenly and without warning, is all debatable. But one thing is for certain, how we spend the time we have is what truly matters.

I think taking some time to get by yourself on one of these big days to reflect and plan is a good idea. Since I missed my 20,000th day, I'll have to choose another.

Also noteworthy are the many wonderful quotes throughout the book.

20,000 Days is a quick read, and I believe your time reading it will be well spent.

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## **Chad Warner says**

This short book presents a good perspective on time management and intentional living, but it's overly simplistic, and there's nothing deep or novel. Smith's advice: live for God, determine your purpose, live intentionally, value relationships, and live conscious of your earthly legacy and eternal afterlife. Smith writes explicitly about his Christian principles, but most of his lessons are nevertheless applicable to people of any (or no) religion.

In a chapter about conquering rejection, Smith gives examples from his sales background. He says he "was always hunting for nos." When he was trying to sell bookings for a comedian, he would ask, "You wouldn't be interested in booking a comedian, would you?" I can see how this might ease the sting of rejection by lowering expectations, but it seems like a poor sales technique due to its pessimism and lack of confidence and enthusiasm.

There are better and more comprehensive books that deal with time management and purposeful living, including *The 7 Habits of Highly Effective People* and *The 80/20 Principle*.

I read this because it was recommended by a client, Tom Page, managing editor of the School Communicators Network. He wrote about this book on his SCN Encourager blog.

## **Notes**

- "Don't focus on time, but on events themselves. Fill these events with people you love. Relationships will be enhanced and memories created."
  - "Stop counting days down. Instead, count them up! Marvel at how many you've been allowed to spend on this planet. And never forget that each one could be your last."
  - Don't put off celebration until a major accomplishment. Celebrate little steps.
  - In challenges, think, "I am the problem." This gives you power over circumstances, rather than feeling like you're a helpless victim.
  - "In truth, people can generally make time for what they choose to do; it is not really the time but the will that is wanting." John Lubbock
  - "There's no secret trick or complicated formula...All it takes is for you to simply decide that you are going to live your life with purpose..."
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## **Connie says**

What is important right now? and What is next? Two questions to ask yourself. Our homework from the

book club was to write our life purpose. This was a good process for me. Another great thought from the book was to Honor and Celebrate the small steps in life. Well worth reading!

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### Marwa S. El-toukhy says

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About time

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### Loren says

I was first drawn to this book by the author's association with Andy Andrews, of whom I am a huge fan.

Robert D. Smith works from the premise that one day he realized he'd lived 20,000 days of his life, and that those days just happened to him while he wasn't paying attention. In other words, as John Lennon once said, "Life is what happens to you while you're busy making other plans."

Smith then tells how the realization of that fact caused him to deliberately plan the next twenty thousand days of his life so he could drive them rather than be a passenger.

It's a compelling read, and his style is exuberant. All in all, I finished the book with perspective I didn't have before, so on that note I will recommend it.

Four stars.

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### Erlyn Lazaro says

I was glad I picked this book and I must say that I was rather blown away by the simplicity of the concepts presented by Mr. Smith. Truly, brevity is the soul of wit. Robert Smith's 20,000 Days and Counting is packed with universal truths that we all need to be reminded of in our daily lives, for us to have a sense of urgency.

I like the fact that this book is designed to be read in only one hour as the author stated, we need to allot more time for other things that are far more important in our lives. One particular statement he mentioned that I am almost always guilty of is that: **We have an amazing ability to over estimate what we can do in the next five years and totally under estimate what we can do in the next fifteen minutes.** This totally hit home when I read it because I'm guilty of always procrastinating thinking that I still have so much time and later on trying to finish everything in a frenzy while I try to beat the deadline.

There's a lot of points he raised that are equally important. But the biggest take away that I have of this book is making myself the Problem, as Mr. Smith said - Become your own problem. According to him, by doing

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so, you thereby take the outside circumstances and bring them inside. And suddenly you have control. We are all guilty of putting the blame on the circumstances, the people around us, management, the government, and the devil of course, but we often times forget to take ourselves into account. And what a paradigm shift that makes when we become our own problem and start evaluating ourselves, what we are good at and what we could improve on.

This book is beyond a good read, really one book you'll read over and over.

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### **Scott says**

Didn't much care for the religious points in the book but really liked allot of it. Very motivating. In particular the seven questions to start the day.

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### **Joe Cassada says**

A very brief book with not a little filler. Not a bad book, but not a great one, or even an interesting one. Smith regurgitates a lot of pep-talk jargon. Nothing new, no incredible insights, just a really positive thinking man who wants to cheer you up.

So, don't get the book thinking it is about productivity, or organizing, but understand it is more about motivation. Ironically, the author actually states that motivation is a myth, i.e., we do not increase motivation to increase productivity, rather, we increase productivity to increase motivation. Again, the book doesn't really get into the nuts and bolts of productivity - it's simply a lot of "you can do it!" motivational pep talk.

The only interesting part of the book was where he describes taking a few days to retreat into solitude and plan his next 20,000 days. Sadly, he doesn't give us any details about how he planned, or even what he planned. If only he had written a few chapters about that process, it would've made this book so much better.

I wouldn't spend the money to purchase this one; instead, check it out from the library, read it in an hour or two, and glean what you can.

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### **Narinder Bhatia says**

Incredible book, a masterpiece. Don't get misled by the length. It's like a dynamo that's going to ignite passion and purpose in your life. Every chapter is full of so much wisdom and techniques to translate that wisdom into actions and results. An impactful book !

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### **Alexandra Swann says**

A friend of mine gave me this book. I found it very interesting. Smith has a unique approach to making your days count.

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