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During a recent gathering over barbecue, a friend had been debating about the reason for the existence of humans. Was it just evolution that got us here? Is there a deeper meaning? Why were we in such a hurry to get somewhere in life? It was a common complaint that all of us didn't get as much time as we'd like to spend indulging in passionate hobbies. People didn't get to spend time with babies, and before we knew it, they were grown up. The young ones complained that work kept them so occupied, all they would do on weekends was sleep and eat and prepare for the week ahead. We wondered about the purpose or the usefulness of it all. There were several questions doing the rounds but not many answers in sight. That is when we chanced upon the theory of essentialism.

According to a common web definition, essentialism can be described as a belief that things have a set of characteristics which make them what they are. It is an oft-confused phenomenon – a belief that people have an underlying essence that is unchanging, regardless of their stage in life.

Warning: Please note that this is an independent addition to "Essentialism: The Disciplined Pursuit of Less" that supplements your understanding to the original book. Be sure to purchase the original copy before buying this unofficial summary and analysis. The use of this analysis is meant to fill any gaps you may have had during reading and enhances your reading experience.

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