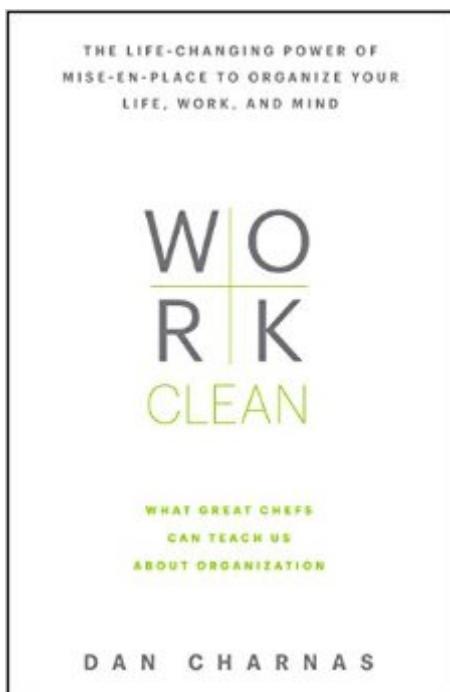


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# Work Clean: The Life-changing Power Of Mise-en-place To Organize Your Life, Work, And Mind



## Synopsis

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.

## Book Information

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## Customer Reviews

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 to 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.

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 Bordain depending on your mood.

In WORK CLEAN, Dan Charnas shows how dis-organization is killing our work day, and offers easy-to-implement real-world answers to cleaning up your day, your desk, and your life. You don't have to be a chef to need the organizational skills mise-en-place can give you. Charnas's message is simple: Don't work harder, work smarter. A great tool for a modern problem. The interviews with great chefs is a bonus.

What business can learn from masterchefsby Ron Immink on August 9, 2016 in BlogI am a slobMy girlfriend tells me I am a bit of a slob. Most people that know me are likely to agree. I am also a bit of a cook. I love cooking. I watch most of the food porn that is available. From *ÀçÀ ÆœAustralian MasterchefÀçÀ* to *ÀçÀ ÆœChefÀçÀ* <sup>TM</sup>s tableÀçÀ (cracking programme on Netflix). I also

read a lot of business books. Including lots of books about time management, getting things done, habits, efficiency, organisation, self-help, etc.. None of them worked so far (I tried). Working cleanNever had I read a book that combines the habits and techniques of chefs with the world of business. Until *Work Clean: The Life-Changing Power of Mise-En-Place to Organize Your Life, Work and Mind* by Dan Charnas. It is an absolute cracker. Maybe it is because I love cooking, but this one of the first books about organising yourself that truly resonated.Mise-en-placeThe key is Mise-en-place. The entrance requirement for mise-en-place is commitment. The two terms are linguistic cousins. The French word mise and the English word commitment both derive from the Latin verb mettre, meaning *to put*. When we practice mise-en-place, we *put ourselves in place*. When we commit, we literally *put ourselves with something or someone*. Being present all the time. Where everything has a place. Where excellence is a choice. Where preparation and planning are key. However, preparation and planning alone are not enough to create excellence. Chefs must also execute that preparation in an excellent way. So they ensure execution by a tenacious pursuit of the best process to do just about everything.Cleaning clears the mindWhich means that you have to work clean. You need to work as efficient as possible. Removing frictions points. You need to constantly de-clutter. If you can't clean, you can't cook or You cook the way you look. Cleaning as you go, not waiting to clean, separates true chefs and cooks from everyone else. Cleaning clears the mind. The same applies to business. Establish project hygiene.Key message; always be cleaning (as a metaphor for your work practices in your own business).What would Gordon Ramsey do?The book reminds me of *Mastery* by Robert Greene, *The obstacle is the way* or even *The navy seals art of war*. An absolute Gordon Ramsey approach to business. In our board meetings, we use the question *What would Alan Sugar say?*. That will be replaced by *What would Gordon Ramsey say?*Key ingredients for success*Work clean* gives you ten key ingredients for success.PlanningPerfecting movementFinishing actionSlow down to speed upOpen eyes and earsCall and callbackInspect and correctTotal utilisationThe vegetables won't chop themselvesIt is always about the first move. The first moments count more than later ones. To quote a chef *We don't go on because we're ready. We go on because it's 11:30.**Move with the end in mind. Move now. The present has incalculably more value than the future. Make sure you finish. Avoid orphaned tasks. Focus. Developing a nose for the finishable. Commit to delivering. When a task is nearly done, finish it. Always be unblocking*Slow downChefs slow their bodies to slow time.

Chefs don't run. Chefs don't panic. Chefs put precision before speed. Slowness is the only way a cook can access quality velocity. The point of this exercise is to slow down a non-conscious process by consciously analysing it so that, with practice, you can streamline it and make it taste. The wiring of our brain makes this so. Myelinization — the quality of our movement, thought, and practice. So if you're repeating an action sloppily, that sloppiness will be what myelinization preserves. If you're repeating an action precisely, that precision will be what myelinization enshrines instead. Be aware of the balance between internal and external awareness. Chefs tune their senses. "Attention blindness," — the phenomenon wherein the mind concentrates on one thing and filters out other stimuli, can be cultivated. In other words, we can learn what to pay attention to, and what not to. What are the things in your workspace demanding more awareness? Commit to balancing internal and external awareness. Stay alert.

Focus. Communicate. Call and callback is a system of communication and confirmation and is a vital behaviour and principle of the kitchen environment because there is so little tolerance for mistakes and so much blowback from making them. Specific communication has been a part of the professional culinary heritage for more than a hundred years, and in military cultures for longer than that, but it came relatively recently to other disciplines. It's about taking the words "into the body." As a result, active listening builds trust, "Talk to me like you're texting and get to the point." Always use action language. Delivering quality. To deliver excellence, Chefs remain vigilant. Chefs strive for perfection. Chefs submit to critique. Chefs prowl. Chefs teach self-critique. Chefs fix and use mistakes. Chefs set standards. For one day, keep a tally of all the errors you make, whether great or small, whether personal or work-related. And for each of the errors, write the consequence or result beside it. Efficiency. The target of every chef is total utilisation, in four interrelated dimensions — space, motion (or energy), time, and resources (including ingredients, money, and people). Chefs save space to save motion. Chefs save motion to save time. Chefs save time to save resources. Chefs save resources to save the business. Working clean and the environment. But working cleanly with resources does mean living a life where you properly value those things. Get your most important spaces in order because space is precious. Practice and perfect the motions that make sense to refine because your energy is precious.

Honour time because you're not getting any more of it. Use your resources wisely because ultimately we all must share them. And treat each other with care. The goal of total utilisation and mise-en-place is that you not waste life: yours or the planet. Commit. All you need to do now is commit. It takes 40 days of unbroken practice to break an old habit, 90 days to confirm a new habit and 120 days for you to become the habit. One study published in 2009 found that turning a

conscious action into a non-conscious, automatic one took an average of 66 days. Mise-en-place knows that no teacher, no system, no software, no algorithm, no company, and even no amount of money or resources can do the job for you. You are the one who has to push the button. You are the one who must decide. You are the one who must make the moves and take the steps. You can ask my girlfriend if it is working.

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

A startlingly good book on the methods chefs use to succeed in jam packed environments in the kitchens of superior restaurants - the applicability of those strategies and methods to all of our lives.

I am loving this book. It's hard to come up with unique ideas when it comes to topics that feel "done to death", but that is what this book is. It's a fresh approach to an old topic, so if none of those other books or systems have worked you in the past, this one might.

I bought the Kindle version and then after bought the hardback so I could take notes and tab it. Great book that is really good for non-chefs too ..someone that just wants to be better organized.

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