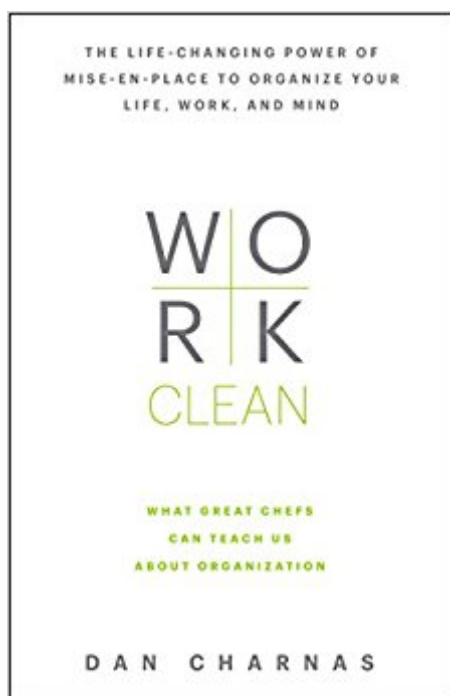


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Work Clean: The Life-changing Power Of Mise-en-place To Organize Your Life, Work, And Mind



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

"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 chef, to help you manage your time and resources to effectively get the most out of life.--Chef

AlfredPortale "The concept of mise-en-place can seem stoic or robotic even, but Dan Charnas has revealed otherwise in *Work Clean*. It is a means to completing successfully what is right in front of us - whether in or out of the kitchen - through consideration and action." --Chef Sam Henderson

Systems and organization have always been a key to my success in the food service industry. *Work Clean* uses excellent examples to explain the necessity of structure as the foundation for not only restaurants but everyday life as well." --Chef Marc Djozlija

"Dan Charnas writes informatively about the sometimes unglamorous, yet undeniably crucial role of organization in our kitchens and our lives, with clever wit and eloquence. *Work Clean* should be required reading for all aspiring chefs." --Chef Rob Halpern

"In *Work Clean*, Dan Charnas outlines a valuable parallel between the systems used to organize a busy kitchen and the ways we organize our everyday lives. As a chef, I know all too well the importance of preparation, planning, and working clean. Charnas describes how applying these principles of mise-en-place to tasks outside of the kitchen can improve efficiency and quality of work, and ultimately, quality of life." --Chef Eric Ripert

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.

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.

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.

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

I think that this is a great book on planning and productivity. I've used the principles here in writing documentation for work. I have to give my wife a regiment of medicines each week and these principles make it so much easier to do. The first time I read it I was a third of the way into the book and I felt inspired enough to start employing some of the ideas at both my home kitchen and at work. I think books like "Getting Things Done" are great for listing all of the work/tasks that have to be done but there is very little emphasis on how to prepare for each of those tasks. Here there is a greater emphasis on preparing for tasks as well as how to be more efficient in performing those tasks. It uses the world of the chef to illustrate many of its points. It shows, once something is planned and prepared for as well as how the task is efficiently handled, how much more productive one can be. I'm already into reading it a second time and I plan to read it often again.

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.

Practical advice for creating systems and more importantly maintaining and using systems. I sometimes struggle in my business because I've not worked in the culinary world nor learned the

lessons that good chefs and workers seem to know. Thank you for making this book so accessible to anyone interested in applying mise-en-place to their lives.

Amazing Read! Helped me create a system to organize my life and business! If you struggle with organization at all, I highly recommend this book! Very thorough!

Well written, with a good mix of anecdotes and guidelines. I have only implemented a few suggestions so far, and it has dramatically changed my work life for the better!

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