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Do you think being efficient is always a good thing? Why or why not? These are very interesting questions. In this essay, I will try to answer them.

People around the world still argue and cannot come to a common opinion about being efficient. There are so many books and films about being efficient and about efficiency.

Moreover, being efficient means, you are working in a well-organized and competent way. With so many things to do, it is easy to get bogged down with efficiently completing tasks on your to-do list. If nothing else, every time you cross an item off your list, you get a little endorphin rush.

On the one hand, being efficient is a good thing. A person uses his time usefully. He knows what to concentrate on and what will lead to a better result. He does not do all the business in a row. He chooses something that has great value.

On the other hand, it is not always good for being efficient . A person who constantly strives to be effective is subject to stress. Striving to be effective can be harmful to health. Working until late at night to complete a project, goals that must be achieved will make a person forget about rest. All this without necessary rest can lead to serious problems not only with physical but also psychological health.

In my point of view, being efficient is not always good. There is a battle for success in our world. People seek to get everything at once. In social media, everyone shows how they achieved success and how to be efficient. However, a minority is an indication of the difficulties encountered in the struggle for efficiency.

In conclusion, there are many opinions about being efficient. There is no one right or wrong opinion. I believe that always being efficient is not easy. That is why people should not forget about the rest.