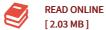




Rest: Why You Get More Done When You Work Less

By Alex Soojung-Kim Pang

Penguin Books Ltd (UK) Feb 2017, 2017. Taschenbuch. Condition: Neu. Neuware - For most of us, overwork is the new normal. Resting means late-night TV binges or hours spent on social media. We never truly recharge. In this revelatory book, Silicon Valley consultant Alex Soojung-Kim Pang offers a way for us to be more productive and fulfilled in all areas of our lives. Working better does not mean putting in longer hours: it means working less and resting better. Whether through daily naps, as Winston Churchill did in the Second World War, spending a week alone in a cabin like Bill Gates, or simply walking or playing a game, 'deliberate rest' is the key to getting more done. Drawing on emerging neuroscience, Rest is packed with tips for upping our downtime - from sleep to hobbies to holidays. It's time to change the way we work, rest and play. 320 pp. Englisch.



Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting throgh reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar