



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.



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