

Rest Why You Get More Done When You Work Less

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Rest Why You Get More Rest is work's partner that, when correctly understood, improves output exponentially, and the quality of our lives commensurately. We have made astounding discoveries in sleep research, psychology, neuroscience, organizational behaviour, sports medicine, sociology, and other fields over the last couple of decades. Rest: Why You Get More Done When You Work Less: Pang, Alex ... "Deliberate rest," as Pang calls it, is the true key to productivity, and will give us more energy, sharper ideas, and a better life. Rest offers a roadmap to rediscovering the importance of rest in our lives, and a convincing argument that we need to relax more if we actually want to get more done. Customers Who Bought This Item Also Bought Rest: Why You Get More Done When You Work Less by Alex ... The author says rest is just as important as work because quality rest makes work time more energetic, creative, efficient, and inspired. Rest can mean taking a walk, taking a nap, going on vacation, indulging in a hobby. He has such good examples and writes so clearly, the book's purpose is fulfilled 3/4 of the way through. Rest: Why You Get More Done When You Work Less by Alex ... Rest is an essential component of working well and working smart. In my new book, Rest: Why You Get More Done When You Work Less, I outline some of the fascinating research that shows how rest helps us to think, innovate, and increase our productivity, and what we can do to rest more effectively. How Resting More Can Boost Your Productivity The book I just finished reading is called Rest: Why You

Get More Done When You Work Less by Alex Soojung-Kim Pang. The main premise of Rest is that we spend more time thinking (and agonizing) about how we work (i.e. how we can improve our productivity etc.) vs how we rest, relax, and recover. Think about that for a second. Rest: Why You Get More Done When You Work Less | Well ... His latest book, Rest: Why You Get More Done When You Work Less, is an empirical argument in favour of more limited working hours and greater understanding of the benefits of active rest as a means... Why the secret to productivity isn't longer hours | Money ... "I recommend Rest: Why You Get More Done When You Work Less, by Alex Soojung-Kim Pang...The title says it all-if you're prone to burnout or still believe that overwork actually works, this book will set you straight." -Arianna Huffington in an interview with Lifehacker.com Rest: Why You Get More Done When You Work Less: Pang, Alex ... 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. Rest: Why You Get More Done When You Work Less: Amazon.co ... "You will consider how and why you rest in a completely new light after reading this book." (Wendy Suzuki, author of Healthy Brain, Happy Life) Rest: Why You Get More Done When You Work Less is about the hidden role that rest plays in the lives of creative, prolific people. Drawing on neuroscience, psychology, and history, it shows that many accomplished people used rest in ways that helped them be more creative, that we can understand why their practices worked, and adapt them to our ... Rest:

Why You Get More Done When You Work Less We Can Help You Get There. Through keynotes, workshops, and 90-day trials, Strategy and Rest helps people discover the power of rest, and helps companies redesign their time.. Our work draws on the research of founder Alex Soojung-Kim Pang and his trilogy of books on time, technology and work: THE DISTRACTION ADDICTION, on the neuroscience of attention, technology, and work; REST: WHY YOU GET ... Strategy + Rest - harness the power of rest He is the author of a three-book series on work optimization, which recognizes the value of rest in creative and prolific lives, blending science and history to better understand how we can live ... Rest: Why You Get More Done When You Work Less | Alex Pang | Talks at Google With "Rest: Why You Get More Done When You Work Less," Alex Soojung-Kim Pang superbly illuminates this phenomenon and helps push it along. What's being disrupted is our collective delusion that... Arianna Huffington on a Book About Working Less, Resting More "Deliberate rest," as Pang calls it, is the true key to productivity, and will give us more energy, sharper ideas, and a better life. Rest offers a roadmap to rediscovering the importance of rest in our lives, and a convincing argument that we need to relax more if we actually want to get more done. Rest: Why You Get More Done When You Work Less ... Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang is a wonderful reminder of the power of rest. And it's a reminder I needed. A reminder to rest (and why we get more done when we do ... His new book, Rest: Why You Get More Done When You Work Less (Basic Books, 2016), draws on scientific evidence and the habits of famous artists,

business trailblazers and global leaders to argue... Rest: Why You Get More Done When You Work Less | Blog.SHRM.org successful in all areas of our lives by recognizing the importance of rest: working better does not mean working more, it means working less and resting better. Treating rest as a passive activity secondary to work undermines our chances for a rewarding and meaningful life. Rest : why you get more done when you work less (Book ... Rest: Why You Get More Done When You Work Less by Alex Soojung-kim Pang (English. \$18.19. Free shipping . Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang. \$14.28. \$24.25 + \$8.30 shipping . VINTAGE John Lennon The Lost Weekend By May Pang Hand Signed By May Pang . REST: WHY YOU GET MORE DONE WHEN YOU WORK LESS By Alex ... In Rest, Silicon Valley consultant Alex Pang argues that we can be more successful in all areas of our lives by recognizing the importance of rest: working better does not mean working more, it means working less and resting better. Treating rest as a passive activity secondary to work undermines our chances for a rewarding and meaningful life. Recommended Read - Rest: Why You Get More Done When You ... You'll have access to more amenities than there are fish in the sea, and you'll only be a sand dollar's throw from the surf. Wave goodbye to a boring vacation Qinhuangdao hotels offer more than just a couple pool floaties. You can book a family-friendly resort with water parks and kid-friendly activities like movie nights and game rooms.

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