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favour of more limited working hours and greater understanding of the benefits of active rest as a ...

*Rest: Why You Get More Done When You Work Less | Well ...
Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang, Basic Books, 320 pages, \$27.50, Hardcover, December 2016, ISBN 9780465074877. Alex Soojung-Kim Pang has long had an intense interest in what makes us creative, in how the process works and how we can improve it.*

*Rest: Why You Get More Done When You Work Less by Alex ...
This is why it takes a decade to get Gladwell's 10,000 hours: if*

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you can only sustain that level of concentrated practice for four hours a day, that works out to 20 hours a week (assuming weekends off), or 1,000 hours a year (assuming a two-week vacation).

Arianna Huffington on a Book About Working Less, Resting More Buy Rest: Why You Get More Done When You Work Less by Alex Pang (ISBN: 9780465074877) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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*Soojung-Kim Pang] on Amazon.com. *FREE* shipping on qualifying offers. Rest is such a valuable book. If work is our national religion, Pang is the philosopher reintegrating our bifurcated selves. ---Arianna Huffington*

Rest: Why You Get More Done When You Work Less: Alex ... In his book Rest, Alex Soojung-Kim Pang argues that we should consider work and rest as allies, not enemies; that rest is a skill that can make us more creative and productive. Here are some tips to help you get that high-quality rest.

You Should Work Less Hours—Darwin Did - Nautilus

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"[T]here's another force transforming the way we work, and that is: nonwork. Or, more specifically, what we're doing in those few hours when we're not working. With Rest: Why You Get More Done When You Work Less, Alex Soojung-Kim Pang superbly illuminates this phenomenon and helps push it along... Rest is such a valuable book. If work is our ...

*Why the secret to productivity isn't longer hours | Money ...
My new book Rest: Why You Get More Done When You Work Less is available at your local bookstore, on Amazon, on Barnes & Noble, and elsewhere. It's published by Basic Books in the United States, and Penguin Books in the UK (as part of their*

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rest: why you get more done when you work less. June 26, 2018 June 26, 2018 Regina. I am caught up in doing things differently. Not just to be different but to live differently. We live in a cozy apartment when so many others our age own big, beautiful homes. We serve together at church rather than serving where one particular person's ...

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often. Good nightly rest now can help you avoid that tired, worn-out feeling, as well as spending days in bed as your body tries to recover.

Rest: Why You Get More Done When You Work Less: Amazon.co

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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 that we can be more successful in all areas of our lives by working fewer hours and pursuing "deliberate rest"—time set aside for exercise or hobbies so that we can recharge and be ready to focus ...

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Rest: Why You Get More Done When You Work Less

My new book Rest: Why You Get More Done When You Work Less is published by Basic Books in the United States, and Penguin Books in the UK (as part of their wonderful new Penguin Life series). The paperback edition, available in mid-2018, features a new foreword by Arianna Huffington.

Rest: Why You Get More Done When You Work Less by Alex ... Rest is a skill like singing or running that everyone basically knows how to do. However, with a deeper understanding, you can learn to do it a lot better, and enjoy more profound rest and be

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more refreshed and restored. It's often when you're not obviously working, or trying to work, that you can have some of your best ideas.

rest: why you get more done when you work less - SIMPLY SATHER

*Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang * WITH INTRODUCTION BY ARIANNA HUFFINGTON - BESTSELLING AUTHOR AND FOUNDER OF THE HUFFINGTON POST AND THRIVE**
Ten proven methods for resting that will radically improve your life 'An incredibly timely read for my own increasingly rest-starved life.

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7 Surprising Health Benefits to Getting More Sleep

This is a special talk with Alex Pang, critically acclaimed author, scientific history researcher, writer, and lecturer. Alex is passionate about helping people to balance work and life -- while

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Rest: Why You Get More Done When You Work Less ...

13 quotes from Rest: Why You Get More Done When You Work Less: 'If you want rest, you have to take it. You have to resist the lure of busyness, make time...

Amazon.com: Rest: Why You Get More Done When You Work Less

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The book I just finished reading is

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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.

Alex Pang: "Rest: Why You Get More Done When You Work Less" | Talks at Google

REST Why You Get More Done When You Work Less By Alex Soojung-Kim Pang 310 pp. Basic Books. \$27.50.. We hear a lot about the many things that are disrupting the American workplace: the decline of ...

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Rest: Why You Get More Done When You Work Less by Alex ...
And it's true...But there's another force transforming the way we work, and that is: nonwork...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 burnout is simply the price we must pay for success.

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