

## 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 ...

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 ...

"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 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

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. Read more Read less Length: 319 pages

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

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 ...

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.

### 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.

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

You could be suffering with an underlying condition or need to make lifestyle adjustments to get you back to your sprightly self. Here's our guide to help you understand why you feel so exhausted ...

### Why am I always tired? 12 reasons you might be sleepy and ...

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

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

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 ...

The book I just finished reading is called Rest: Why You Get More Done When You Work Less, by Alex Soojung-Kim Pang, critically acclaimed author, scientific history researcher, writer, and lecturer. Alex is passionate about helping people to balance work and life -- while ...

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

"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 ...

Magnesium: Why you need this mineral for better sleep, mood and more. And what it can do to improve your sense of well being.

### Magnesium: Why you need this mineral for better sleep ...

"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: Amazon.co ...

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

Pang encourages individuals to make time for play and creativity. In Rest: Why You Get More Done When You Work Less, he combines neuroscience with examples from influential leaders to prove why time away from work, or "deliberate rest," is so critical to success. We don't have to conform to a workaholic lifestyle.

### Rest Summary + PDF - Four Minute Books

Healthier Heart While you sleep, your blood pressure goes down, giving your heart and blood vessels a bit of a rest. The less sleep you get, the longer your blood pressure stays up during a 24-hour...