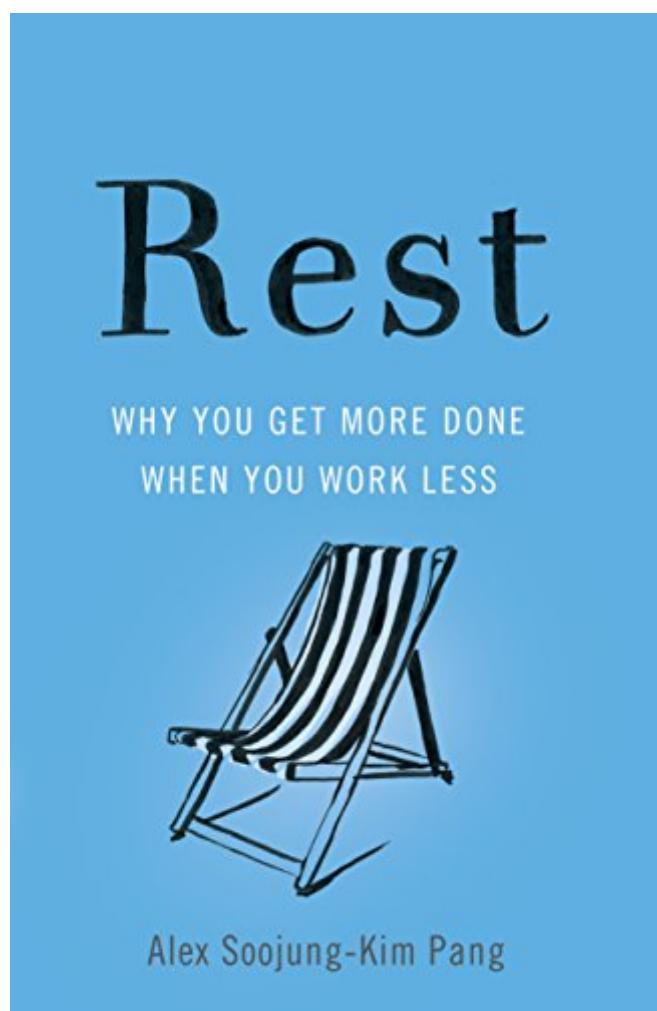


The book was found

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



## Synopsis

"Rest is such a valuable book. If work is our national religion, Pang is the philosopher reintegrating our bifurcated selves."--Arianna Huffington, New York Times Book Review

For most of us, overwork is the new normal and rest is an afterthought. In our busy lives, rest is defined as the absence of work: late-night TV binges, hours spent trawling the internet, something to do once we've finished everything else on our to-do lists. But dismissing rest stifles our ability to think creatively and truly recharge.

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. Whether by making space for daily naps, as Winston Churchill did during World War II; going on hours-long strolls like Charles Darwin; or spending a week alone in a cabin like Bill Gates, pursuing what Pang calls "deliberate rest" is the true key to fulfillment and creative success. Drawing on rigorous scientific evidence and revelatory historical examples, *Rest* overturns everything our culture has taught us about work and shows that only by resting better can we start living better.

## Book Information

File Size: 868 KB

Print Length: 320 pages

Publisher: Basic Books; 1 edition (December 6, 2016)

Publication Date: December 6, 2016

Sold by: Hachette Book Group

Language: English

ASIN: B01IMZ5DR4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #40,742 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #12 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #25

## Customer Reviews

I'm one of those people who has been rather "busy" for many years. And I've always been fascinated by the creative process. So I was intrigued by Alex Pang's book. It's a series of thoughtful arguments on how rest not only fuels really creative work, it can fuel a more fulfilling and well-functioning life--as rest invigorates both the body and the brain. I was most fascinated by the idea of super creative people leaving lots of time to wander, go on walk, take naps, etc. Among just about all the children I know, there is a frenetic pace of school and sports and studying and stuff, with little time to really rest and think randomly and just hang out. Would love to see this kind of thinking feed into approaches that might shift this over-scheduled pace to one that would more directly encourage rest and creativity over a full schedule.

I haven't finished this book but I love it BC it helps one bolster oneself against the nasty cultural prejudice against writers, artists, and college full time faculty that we don't work long enough. ALL college tenure committees and administrators should be obligated to read it at least once a year. It is really giving me the strength and rationale to structure my life for optimal performance as an independent scholar and easing self criticism and regret about why I couldn't do more writing at a university with a grueling course, advisement and committee load and only ridicule for those who tried to make boundaries to do the rest/research necessary to do huskily writing much less anything else.

Was this written by a data analyst? Could've been shorter and more to the point for better impact and a light read. It has a lot of examples.

As someone who spent four years in the hyper paced tech industry I'd SF, then took a year off to travel, and have now returned to SF and tech, this book resonates with everything I've learned over the past five years. If you're curious about this topic, I highly recommend the book.

I thought this was a thoughtfully written book, and I appreciated the relevant science and historical examples illustrating the concept that rest-not idleness-in its various incarnations enriches the totality of our lives. A very enjoyable read, and left me with lots of food for thought...

Excellent book. Well researched for the data folks. I recommend that workaholics read it twice just to be sure they get it.

Good

Not since Simon and Garfunkel's Feeling Groovy has there been such a heartfelt and compelling case made to slow down and quit moving so fast. Alex Soojung-Kim Pang has more facts than S&G ever did -- he's worked a little too hard on the book! -- and it's a good way to provoke yourself into thinking what it would take to manage your world more coherently.

[Download to continue reading...](#)

Rest: Why You Get More Done When You Work Less iGen: Why Todayâ€”â€œs Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us Too Busy for Your Own Good: Get More Done in Less Timeâ€”â€œWith Even More Energy (Business Skills and Development) The White Man's Burden: Why the West's Efforts to Aid the Rest Have Done So Much Ill and So Little Good Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time The Get it Done Divas Guide to Business: The Definitive Guide to Getting it Done and Standing Out as a Leader and Expert If I'm So Smart, Why Can't I Get Rid of This Clutter?: Tools to Get it Done! The 7 Steps to Bar Exam Success: The Strategy Guide for Passing Your Bar Exam with Greater Confidence, in Less Time, and with Less Stress Than the Rest Stop Complainers and Energy Drainers: How to Negotiate Work Drama to Get More Done Shortchanged: Why Women Have Less Wealth and What Can Be Done About It FRUGAL LIVING: MAKE MORE MONEY BY SPENDING LESS (Budgeting money free, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) Fast Focus: A Quick-Start Guide To Mastering Your Attention, Ignoring Distractions, And Getting More Done In Less Time! Never Work Again: Work Less, Earn More and Live Your Freedom The Fissured Workplace: Why Work Became So Bad for So Many and What Can Be Done to Improve It How to Grow More Vegetables, Ninth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine The Personal Efficiency Program: How to Get Organized to Do More Work in Less Time 2018 Weekly Planner: Blue Flower Weekly & Monthly Schedule Diary At A Glance | Get Things Done At School, College, Home, Work | Planner Calendar | ... | Soft Back Cover (Organization) (Volume 11) Weekly Planner 2018: Weekly & Monthly Schedule Diary At A

Glance | Get Things Done At School, College, Home, Work | Planner Calendar | Quotes, Notes ...

Soft Back Cover (Organization) (Volume 8) The Work-Smart Academic Planner, Revised Edition:

Write It Down, Get It Done Unsubscribe: How to Kill Email Anxiety, Avoid Distractions, and Get Real Work Done

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)