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"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

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Wallman, author of 'Stuffocation') An incredibly timely read - for this moment in history, but also in my own increasingly rest-starved life. This might be the book to finally persuade us that downtime isn't in conflict with good work; rather, it's an essential ...

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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.

~~Rest: Why You Get More Done When You Work Less by Alex ...~~

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

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lifestyle.

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"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~~

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.

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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

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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: Pang, Alex ...~~

Rest: Why You Get More Done When You Work Less. The Distraction Addiction. Big ideas. Posted on October 8, 2020. Talking about routines in the Financial Times. Posted on August 20, 2020 September 11, 2020. My Fast Company article on the pandemic and 4-day week. Posted on July 1, 2020 July 8, 2020.

~~Strategy + Rest — harness the power of rest~~
When you rest better you'll find that it won't just be your work which improves - you'll have more time for hobbies, stronger relationships and you'll sleep better, too. "An incredibly timely read for my own increasingly rest-starved life.

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While the crucial information can be easily summarized in one chapter, it takes the whole book to let the concepts sink in having been brought up to idolize business, long-hours and blinding focus on work. Read more. Helpful. Sending feedback...

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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

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more if we actually want to get more done.

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“It may happen that you don’t touch the ball and get frustrated, but Mikel always says that, wait a minute, the ball will arrive. I’ve been learning a lot.” Anthony Chapman 52 minutes ago

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