

Rest Why You Get More Done When You Work Less

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

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5 Mistakes Most Contractors Make Teaching From Rest Book Club- Part 1
America's Book of Secrets: Indestructible Presidential Transports (S1, E7) | Full Episode | History Rest. Why you get more done when you work less by Alex Soojung Kim Pang

Rachel Hollis Reveals How 2020 Will Awaken Strength You Never Knew You Had | Conversations with Tom

Rest by Alex Soojung-Kim Pang Audiobook Excerpt Episode 4 Food Podcast, My Favorite Restaurant, Chef, Food News, Food Trends and more ~~Rest Why You Get More~~

"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

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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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Take a break and read Rest: you'll make smarter decisions, have better relationships, and be happier and more creative. (James 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 ...

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

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 ...~~

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.

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~~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 lifestyle.

~~Rest Summary + PDF — Four Minute Books~~

“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,

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and other fields over the last couple of decades.

~~Rest: Why You Get More Done When You Work Less: Pang, 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.

~~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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~~Rest: Why You Get More Done When You Work Less eBook: Pang ...~~

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...

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

Buy Rest: Why You Get More Done When You Work Less by Pang, Alex Soojung-Kim online on Amazon.ae at best prices. Fast and free shipping free returns cash on delivery available on eligible purchase.

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Rest: Why You Get More Done When You Work Less - Library Edition: Pang, Alex Soojung-Kim, Sims, Adam: Amazon.sg: Books

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This is a special talk with Alex Pang, critically acclaimed author, scientific history researcher, writer, and lecturer. Alex is passionate about helping peo...

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

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 — Alex ...~~

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

"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

Sit back and relax and learn about why overworking and under resting can be harmful to yourself and your career. "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 Overwork is the new normal. Rest is something to do when the important things are done-but they are never done. Looking at different forms of rest, from sleep to vacation, Silicon Valley futurist and business consultant Alex Soojung-Kim Pang dispels the myth that the harder we work the better the outcome. He combines rigorous scientific research with a rich array of examples of writers, painters, and thinkers---from Darwin to Stephen King---to challenge our tendency to see work and relaxation as antithetical. "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

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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.

Sit back and relax and learn about why overworking and under resting can be harmful to yourself and your career. "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 Overwork is the new normal. Rest is something to do when the important things are done-but they are never done. Looking at different forms of rest, from sleep to vacation, Silicon Valley futurist and business consultant Alex Soojung-Kim Pang dispels the myth that the harder we work the better the outcome. He combines rigorous scientific research with a rich array of examples of writers, painters, and thinkers---from Darwin to Stephen King---to challenge our tendency to see work and relaxation as antithetical. "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.

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In our 24-7 global economy, rest feels like a luxury at best and a weakness at worst. We see work and rest as competitors - but what if they're actually partners in a productive, balanced life? Blending rigorous scientific research with examples of writers, painters and thinkers - from Darwin to Stephen King - Silicon Valley futurist and business consultant Alex Soojung-Kim Pang exposes how we've underestimated the power of rest for our success. Though it's as natural as breathing, it's also a skill we can all learn to boost our creativity and productivity. Full of tips for upping our downtime, from sleep to hobbies to vacation, Rest is a new roadmap for finding renewed energy and inspiration, and getting more done.

A witty, helpful book that offers solid advice for gay men and women on a full range of life concerns--including lingering childhood issues, dating, sex and love, spirituality, dealing with intolerance and addressing addictions--in a way that is always direct, open and honest.--lambdarising.com.

The question of our time: can we reclaim our lives in an age that feels busier and more distracting by the day? We've all found ourselves checking email at the dinner table, holding our breath while waiting for Outlook to load, or sitting hunched in front of a

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screen for an hour longer than we intended. Mobile devices and the web have invaded our lives, and this is a big idea book that addresses one of the biggest questions of our age: can we stay connected without diminishing our intelligence, attention spans, and ability to really live? Can we have it all? Alex Soojung-Kim Pang, a renowned Stanford technology guru, says yes. *The Distraction Addiction* is packed with fascinating studies, compelling research, and crucial takeaways. Whether it's breathing while Facebook refreshes, or finding creative ways to take a few hours away from the digital crush, this book is about the ways to tune in without tuning out.

In today's world, with its relentless emphasis on success and productivity, we have lost the necessary rhythm of life, the balance between work and rest. Constantly striving, we feel exhausted and deprived in the midst of great abundance. We long for time with friends and family, we long for a moment to ourselves. Millennia ago, the tradition of Sabbath created an oasis of sacred time within a life of unceasing labor. Now, in a book that can heal our harried lives, Wayne Muller, author of the spiritual classic *How, Then, Shall We Live?*, shows us how to create a special time of rest, delight, and renewal--a refuge for our souls. We need not even schedule an entire

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day each week. Sabbath time can be a Sabbath afternoon, a Sabbath hour, a Sabbath walk. With wonderful stories, poems, and suggestions for practice, Muller teaches us how we can use this time of sacred rest to refresh our bodies and minds, restore our creativity, and regain our birthright of inner happiness. Praise for Sabbath

“Muller's insights are applicable within a broad spectrum of faiths and will appeal to a wide range of readers.”—Publishers Weekly “One of the best spiritual books of the year.”—Spirituality and Health

“Wayne Muller's call to remember the Sabbath is not only rich, wise and poetic, it may well be the only salvation for body and soul in a world gone crazy with busyness and stress.”—Joan Borysenko, author of *Minding the Body, Mending the Mind* and *A Woman's Book of Life* “This is a book that may save your life. Sabbath offers a surprising direction for healing to anyone who has ever glimpsed emptiness at the heart of a busy and productive life.”—Rachel Naomi Remen, M.D., author of *Kitchen Table Wisdom*

What if you could reboot your health, tap into your creative self, reclaim your wild nature, lead from your heart—and still feel well rested? As modern women, we're taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it's also exhausting. Being a “worn-out woman” is now so common that we think

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feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it's holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It's time to lie down and begin the journey to waking up. Though it comes from the yogic tradition, yoga nidra doesn't look like a typical yoga class—the entire practice is done lying down. As you listen to a guided meditation, you're gently taken into complete inner stillness, effortlessly releasing into a healing state that works on both cellular and subtle body levels. With *Daring to Rest*, Brody presents a comprehensive yoga nidra program that unfolds in three phases: rest for physical exhaustion, release for mental and emotional exhaustion, and rise for tuning in to the “life purpose exhaustion” that can come when we're not in our full power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices. “By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power,” writes Brody. “Now is the time to break the cycle of fatigue and return to your truest self—the woman you are when you're not constantly exhausted.”

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"Every developer working with the Web needs to read this book." -- David Heinemeier Hansson, creator of the Rails framework "RESTful Web Services finally provides a practical roadmap for constructing services that embrace the Web, instead of trying to route around it." -- Adam Trachtenberg, PHP author and EBay Web Services Evangelist

You've built web sites that can be used by humans. But can you also build web sites that are usable by machines? That's where the future lies, and that's what RESTful Web Services shows you how to do. The World Wide Web is the most popular distributed application in history, and Web services and mashups have turned it into a powerful distributed computing platform. But today's web service technologies have lost sight of the simplicity that made the Web successful. They don't work like the Web, and they're missing out on its advantages. This book puts the "Web" back into web services. It shows how you can connect to the programmable web with the technologies you already use every day. The key is REST, the architectural style that drives the Web. This book: Emphasizes the power of basic Web technologies -- the HTTP application protocol, the URI naming standard, and the XML markup language Introduces the Resource-Oriented Architecture (ROA), a common-sense set of rules for designing RESTful web services Shows how a RESTful design is simpler, more versatile, and more scalable

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than a design based on Remote Procedure Calls (RPC) Includes real-world examples of RESTful web services, like Amazon's Simple Storage Service and the Atom Publishing Protocol Discusses web service clients for popular programming languages Shows how to implement RESTful services in three popular frameworks -- Ruby on Rails, Restlet (for Java), and Django (for Python) Focuses on practical issues: how to design and implement RESTful web services and clients This is the first book that applies the REST design philosophy to real web services. It sets down the best practices you need to make your design a success, and the techniques you need to turn your design into working code. You can harness the power of the Web for programmable applications: you just have to work with the Web instead of against it. This book shows you how.

"A transfixing book on how to sustain peak performance and avoid burnout" –Adam Grant, New York Times bestselling author of Option B, Originals, and Give and Take "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of Thrive and The Sleep Revolution "I doubt anyone can read Peak Performance without itching to apply something to their own lives." –David Epstein, New York Times bestselling author of The Sports Gene A few common principles drive performance, regardless of

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the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, *Peak Performance* combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, *Peak Performance* uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, *Peak Performance* uncovers the secrets of success, and

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coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, Peak Performance will teach you how.

You and your company can work less, be more productive, and make time for what's really important. The idea of success embraced by the global economy means being always-on, never missing an opportunity, and outworking your peers. But working ever-longer hours isn't sustainable for companies or individuals. Fatigue-induced mistakes, whether in the operating room or factory line, cost companies billions, and overwork alienates and burns out valuable employees. But what if there is another way? Shorter tells the story of entrepreneurs and leaders all over the world who have discovered how to shrink the workweek without cutting salaries or sacrificing productivity or revenues. They show that by reducing distractions, eliminating inefficiencies, and creating time for high-quality focus and collaboration, 4-day workweeks can boost recruitment and retention, make leaders more thoughtful and companies more sustainable, and improve work-life balance. Using design thinking, a business and product development process pioneered in Silicon Valley, futurist and consultant Alex Pang creates a step-by-step guide for readers to redesign their workdays.

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