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Rest: Why You Get
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Words of Wisdom: Alex
Pang on the importance

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~~Summary #43~~ Rest:

~~Why you get more done
when you work less)~~

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Alex Soojung-Kim

Pang. How I take notes
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Podcast, My Favorite
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News, Food Trends and
more ~~Rest Why You~~

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Why You Get

"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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~~Rest: Why You Get
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better relationships, and
be happier and more
creative. (James
Wallman, author of
'Stuffocation')An
incredibly timely read -

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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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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 ...~~

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Why You Get

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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 ...~~

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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

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~~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

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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 ...

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~~Rest: Why You Get
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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,

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neuroscience,
organizational
behaviour, sports
medicine, sociology,
and other fields over the
last couple of decades.

~~Rest: Why You Get
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Work Less: Pang, Alex~~

...

In Rest, Silicon Valley
consultant Alex Pang
argues that we can be

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Why You Get

More Done 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.

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

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,

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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,

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Why You Get

stronger relationships

and you'll sleep better,

too. "An incredibly

timely read for my own

increasingly rest-starved

life.

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~~More Done When You~~

~~Work Less eBook: Pang~~

≡

While the crucial

information can be

easily summarized in

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Less

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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Edition: Pang, Alex

Soojung-Kim, Sims,

Adam: Amazon.sg:

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This is a special talk

with Alex Pang,

critically acclaimed

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author, scientific history
researcher, writer, and
lecturer. Alex is
passionate about helping
peo...

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...

With [Rest: Why You
Get More Done When
You Work Less](#), Alex
Soojung-Kim Pang

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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

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Why You Get

More Done When You Work

Less

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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You Work Less For
Trial. Cathy Trujillo.

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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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