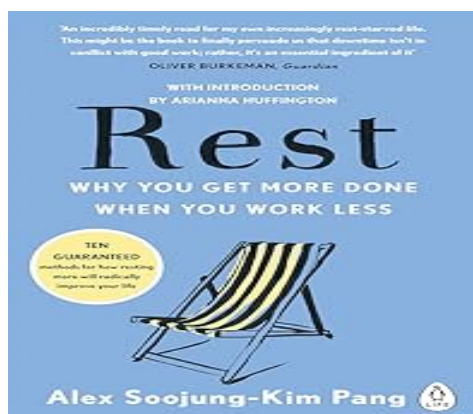


Rest: Why You Get More Done When You Work Less By Alex Soojung-Kim Pang Oliver Burkeman Guardian columnist and author of 'The Antidote' If work is our national religion Pang is the philosopher reintegrating our bifurcated selves Arianna Huffington — New York Times Book Review Alex Soojung Kim Pang shows us how much productive we can be by spending less time in noisy open plan offices . It should be compulsory reading for office managers everywhere Katie Law — Evening Standard Read this book and you'll see how time off helps us learn and create better Ferran Adria 3 Star Michelin chef and founder of El Bulli Want to be creative and get done? We used to think only hard work was the answer. Give it to your boss! Give it to your work obsessed spouse! Give it to your frazzled office buddies! A new paradigm of work is emerging and this fascinating book will be an indispensable guide Peter Fleming author of 'The Mythology of Work' I love Rest. — Rohan Gunatillake Founder of Mindfulness Everywhere and creator of the bestselling buddhify app Good books are interesting and valuable; but the best books reframe the way you see the world getting you thinking differently about everyday situations and assumptions. — Tony Crabbe International Business Psychologist In his Fascinating well researched and highly readable new book Dr pang makes an excellent case for the critical importance of rest in our lives. — Wendy Suzuki Professor of neural Science and Psychology author of Healthy Brain Happy Life It's high noon for the global economy's thinking class who are locked in a losing battle for clarity in a crowded clickable world. — Clive Thompson author of Smarter Than You Think Pang offers original and often inspired ideas — San Francisco Chronicle (on The Distraction Addiction) Amusing and edifying — Washington Post (on The Distraction Addiction) Skeptical without pandering to technophobia or neuroscience — The New Yorker (on The Digital Distraction) Rest: Why You Get More Done When You Work Less.



Take a break and read Rest: you'll make smarter decisions have better relationships and be happier and 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 ingredient of it. This beautifully researched book debunks the work till you drop myth by describing how intentional rest is crucial for being your best, Drawing on a wide range of sources including neuroscience the arts and psychology Rest will fundamentally change the way we see work in the years to come, It places rest back on the pedestal it so clearly deserves and generously points out through great stories and acute insight things to reflect on and build into our own lives. With a fascinating combination of research and historical examples your view of rest as what you do when you are not working is turned upside down, You will consider how and why you rest in a completely new light after reading this book: This book is a science packed call to arms: it's time to claim rest as a right and pay close attention to the needs of our beleaguered brains: — Anthony Townsend author of Smart Cities You're holding some terrific advice in your hands on the virtues of walking napping and playing: Pang has written a delightful and thought provoking book on the science of restful living. Rest does just that. A thoroughly enjoyable insightful and life enhancing book