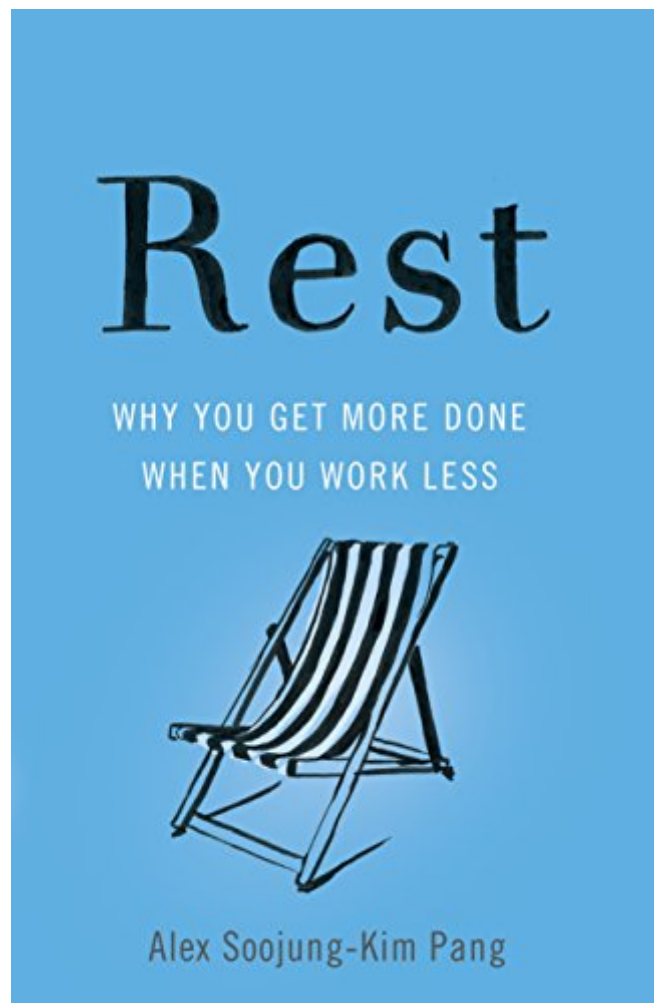




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# Rest: Why You Get More Done When You Work Less



## 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

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## 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 fuel's 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.

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