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Rest: Why You Get

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# Access PDF Rest Why You Get

Words of Wisdom: Alex  
Pang on the importance  
of rest ~~Take a break from  
work!~~ (100 Books

Summary #43 ~~Rest:~~

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

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

How To Get 10X The  
Value From Every Book  
You Read 83. 12,500  
hours of deliberate rest.

Alex Soojung-Kim

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from books The benefit  
of rest on your  
productivity and

happiness | Rest by  
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Get the Best Rest |

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Narrative and Numbers:

Light in the Darkness

5 Mistakes Most

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America's Book of

Secrets: Indestructible

Presidential Transports

(S1, E7) | Full Episode |

HistoryRest. Why you

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Why You Get

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

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Why You Get

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 or still

believe that overwork

actually works, this book

will set you

straight." --Arianna

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~~Rest: Why You Get  
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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

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Why You Get

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~~

*Page 10/31*

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Why You Get

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~~Work Less: Amazon.co~~

~~When You Work~~

~~Less~~  
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...

Acces PDF Rest

Why You Get

~~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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Why You Get

~~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

# Access PDF Rest Why You Get

“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

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Why You Get

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

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Why You Get

practices worked, and  
adapt them to our ...

When You Work

Less

~~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



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Why You Get

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When You Work

Less

in sleep research,

psychology,

neuroscience,

organizational

behaviour, sports

medicine, sociology, 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

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Why You Get

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

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More Done  
meaningful life.

When You Work  
~~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.

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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

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More Done When You Work Less  
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.

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

...

While the crucial

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Less

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~~

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This is a special talk

*Page 24/31*



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Why You Get

with Alex Pang,

critically acclaimed  
author, scientific history  
researcher, writer, and

lecturer. Alex is

passionate about helping  
peo...

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~~More Done When You~~

~~Work Less | Alex Pang~~

...

With “ Rest: Why You  
Get More Done When

*Page 25/31*

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Why You Get

More Done," 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

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Why You Get

More Done  
When You Work  
Less

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~~

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Why You Get

~~Work Less - Alex ...~~

[Read] Rest: Why You  
Get More Done When  
You Work Less For

Trial. Cathy Trujillo.

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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

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