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more ~~Rest Why You Get More~~  
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Get More Done When You Work  
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Pang...The title says it all-  
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~~Work Less~~ or still believe that  
overwork actually works,  
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Take a break and read Rest:  
you'll make smarter  
decisions, have better  
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(James Wallman, author of

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'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;

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His latest book, Rest: Why  
You Get More Done When You

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~~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~~



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~~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,

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taking a nap, going on  
vacation, indulging in a  
hobby.

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

~~...~~

Pang encourages individuals

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Work Less 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,"

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~~Work Less~~ 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

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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.

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**Work Less** 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

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

Rest is work's partner that,  
when correctly understood,  
improves output  
exponentially, and the

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**Work Less** quality of our lives commensurately. We have made astounding discoveries in sleep research, psychology, neuroscience, organizational behaviour, sports medicine, sociology, and other fields over the last couple of



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~~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

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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

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~~Work Less~~ our chances for a rewarding  
and meaningful life.

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

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When You Work Less. The

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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.

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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 -

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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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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

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~~Work Less~~ having been brought up to idolize business, long-hours and blinding focus on work. Read more. Helpful. Sending feedback...

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This is a special talk with  
Alex Pang, critically

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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

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About Working Less, Resting  
More~~

"Deliberate rest," as Pang  
calls it, is the true key to  
productivity, and will give

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**Work Less** 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

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"It may happen that you  
don't touch the ball and get

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**Work Less**, 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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