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# Rest Why You Get More Done When You Work Less By Alex Soojung Kim Pang Adam Sims Hachette Audio

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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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actually works this book will set you straight arianna huffington in an interview with lifehacker pang argues convincingly that the focus on work often measured in long hours spent

at the workplace is a modern,

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June 1st, 2020 - 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 drawing on neuroscience psychology and history it shows that many aplished people used rest in ways that helped them be more creative that we can understand why their practices worked and adapt them to our own busy lives'

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