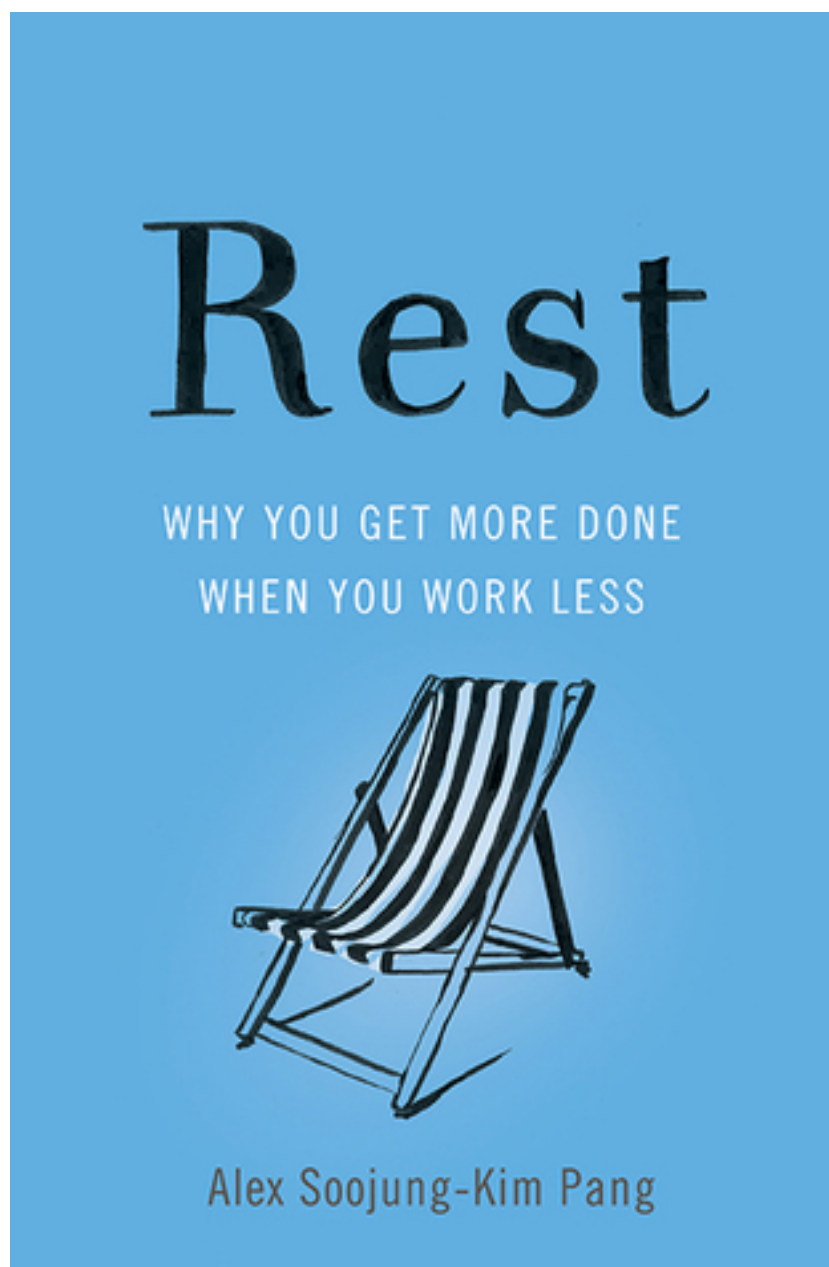


# Rest: Why You Get More Done When You Work Less Book PDF Download



**By:**  
**Alex Soojung-Kim Pang**

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## What people Say:

### Marrije

I'm a bit conflicted about this book. It starts out by saying 'don't work all the time - rest is important, too'. But by the end it's mostly a manifesto to not so much \*rest\* as do hard and challenging stuff (climb mountains, play the violin) \*in addition to\* working quite a lot.

The most successful scientists, for instance, have very intensive hobbies, while less successful scientists don't.

Which makes me wonder: is that perhaps because the successful people have more energy in the first place?

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The most successful scientists, for instance, have very intensive hobbies, while less successful scientists don't.

Which makes me wonder: is that perhaps because the successful people have more energy in the first place? Are we shaming people with a little less fuel in the tank for to pursue those intensive side projects, telling them 'if only you did EVEN MORE, you'd be more of a success'? Or would the energy to become more successful \*follow\* if you pursued sports and music? Can't quite figure it out.

### L.A.

Same stuff, different book.

Which is not necessarily a bad thing. Given that we don't seem to take the kind of advice Pang offers, it should probably be repeated as often as possible. This book is kind of a fleshed-out version of all the clickbait articles you read about getting more R&R: the stuff you already know, but with the science behind it. And the science is very good/interesting.

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The problem for a lot of readers is that these strategies assume you're a middle to upper class white collar person who has the kind of life where you CAN put most of these strategies into practice. Taking a nap in your office, for example, is NBD if you have a desk and a door, or even a cubicle. Try napping at the factory, McDonalds' or the daycare center -- to name just a few examples -- and you're probably SOL. It's also easy to take all your vacation time if you do, indeed, get paid vacation as part of your benefits package: many jobs don't offer it.

In addition, most of the people Pang holds up as examples of folks who practiced good rest strategies were generally white males who were in a position to do so. With no kids to chase around or domestic duties to perform on TOP of your paid labor, it's a snap to engage in "deep play" and sabbaticals. The shocking lack of women (white OR WOC) here is another indicator that the audience for this book is somewhat limited.

If your library is off somewhere in a homogeneous suburb where this kind of advice will fly, you should definitely purchase it. Otherwise, I'd steer clear, especially if you're in a rural area or urban area with great wealth disparities. It's not that Pang doesn't have great things to say; it's just that, while interesting, they just don't apply to most people, and many libraries will not fall into its bracket. An optional purchase everywhere except suburbia and Silicon Valley.

**David**

I want to give this book 10 stars, because our culture needs this message so much. I saw this author keynote at a conference a few years back (wish I could remember which one), his talk at that time was about another of his books, but what I remember is how impressed I was by his presentation and his ideas. So when I saw this book among the new titles at the Mechanics Institute, I had to check it out. Now I will return the library copy and buy one to keep. The message seemed so obvious, I was a

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**Dillon**

practical guide to avoiding burnout by cultivating regular intervals of rest and a full life outside of work, in order to have a longer and more fulfilling work life in the long run.

## **Karen Ashmore**

We should all work less and rest more. Not only will you be more at peace but you will also be more productive and creative. Here's how: work four hours at a time, develop a morning routine, take walks, take cat naps, stop when you are going good so you know exactly where to dive in when you restart work, get plenty of sleep, take vacations, exercise everyday, participate in deep play (sport, hobby, musical instrument, etc), take a sabbatical every few years. And then you will have a restful lif

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