

Rest Why You Get More Done When You Work Less

From Go Fund Me to philanthropy: the everyday ways that we can give our money, our time, and even our data to help our communities and seek justice. In *How We Give Now*, Lucy Bernholz shows that philanthropy is more than writing a check and claiming a tax deduction. For most of us--the non-wealthy givers--philanthropy can be a way of living our values and fully participating in society. We give in all kinds of ways--shopping at certain businesses, canvassing for candidates, donating money, and making conscious choices with our retirement funds. We give our cash, our time, and even our data to make the world a better place. Bernholz takes readers on a tour of the often-overlooked worlds of participatory philanthropy, learning from a diverse group of forty resourceful givers. Donating our digitized personal data is an emerging form of philanthropy, and Bernholz describes safe, equitable, and effective ways of doing so--giving genetic data for medical research through a nonprofit genetics organization rather than a commercial one, for example, or contributing photographs to an online archive like the Densho Digital Repository, which documents America's internment of 120,000 Americans of Japanese descent. Bernholz tells us to "follow the money," however, when we're asked to "add a dollar" to our total at the cash register, or when we buy a charity-branded product; it's more effective to give directly than to give while shopping. Giving is a form of participation. Philanthropy by the rest of us--across

geographies and cultural traditions--begins with and builds on active commitment to our communities.

#1 New York Times Best Seller! "Eleanor & Park reminded me not just what it's like to be young and in love with a girl, but also what it's like to be young and in love with a book."-John Green, The New York Times Book Review Bono met his wife in high school, Park says. So did Jerry Lee Lewis, Eleanor answers. I'm not kidding, he says. You should be, she says, we're 16. What about Romeo and Juliet? Shallow, confused, then dead. I love you, Park says. Wherefore art thou, Eleanor answers. I'm not kidding, he says. You should be. Set over the course of one school year in 1986, this is the story of two star-crossed misfits-smart enough to know that first love almost never lasts, but brave and desperate enough to try. When Eleanor meets Park, you'll remember your own first love-and just how hard it pulled you under. A New York Times Best Seller! A 2014 Michael L. Printz Honor Book for Excellence in Young Adult Literature Eleanor & Park is the winner of the 2013 Boston Globe Horn Book Award for Best Fiction Book. A Publishers Weekly Best Children's Book of 2013 A New York Times Book Review Notable Children's Book of 2013 A Kirkus Reviews Best Teen Book of 2013 An NPR Best Book of 2013

Having problems sleeping at night? Want to wake up refreshed and energized every morning? From the best-selling author, Amy Jenkins, comes Rest Your Mind: 7 Steps to Improve The Quality of Your Sleep Every Night So You Can Live Happier, Healthier

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& Longer. This book will help you improve your body and health by sleeping the right way! If you want to have peaceful sleep at night... If you want to feel energized and happy every time you wake up... Or if you just want to live a healthy and refreshing every day life... THEN THIS BOOK IS FOR YOU! This book provides you with the perfect guide to lose weight without having the need to go to the gym! It comes with tons of excellent tips, easy-to-implement every day habits, and all the information that you need to add these benefits IMMEDIATELY into your life! If you successfully implement these tips, you will... Start having blissful sleeps in just a few days See awesome changes to your face, skin and body Say goodbye to sleepless nights (so you feel healthier!) Wake up every day with a burst of energy and ready to start the day Transform your body and mind in JUST A FEW DAYS!

A Most-Anticipated Selection by Vogue * Refinery29 * Vulture * BuzzFeed * Harper's Bazaar * O, The Oprah Magazine * The Millions * Literary Hub * The Rumpus * Publishers Weekly and more A scathingly funny, wildly erotic, and fiercely imaginative story about food, sex, and god from the acclaimed author of *The Pisces* and *So Sad Today*. Rachel is twenty-four, a lapsed Jew who has made calorie restriction her religion. By day, she maintains an illusion of existential control, by way of obsessive food rituals, while working as an underling at a Los Angeles talent management agency. At night, she pedals nowhere on the elliptical machine. Rachel is content to carry on subsisting—until her therapist encourages her to take a ninety-day

communication detox from her mother, who raised her in the tradition of calorie counting. Early in the detox, Rachel meets Miriam, a zaftig young Orthodox Jewish woman who works at her favorite frozen yogurt shop and is intent upon feeding her. Rachel is suddenly and powerfully entranced by Miriam—by her sundaes and her body, her faith and her family—and as the two grow closer, Rachel embarks on a journey marked by mirrors, mysticism, mothers, milk, and honey. Pairing superlative emotional insight with unabashed vivid fantasy, Broder tells a tale of appetites: physical hunger, sexual desire, spiritual longing, and the ways that we as humans can compartmentalize these so often interdependent instincts. Milk Fed is a tender and riotously funny meditation on love, certitude, and the question of what we are all being fed, from one of our major writers on the psyche—both sacred and profane.

A NEW YORK TIMES BESTSELLER One of the world's legendary artists and bestselling author of *The Creative Habit* shares her secrets—from insight to action—for harnessing vitality, finding purpose as you age, and expanding one's possibilities over the course of a lifetime in her newest New York Times bestseller *Keep It Moving*. At seventy-eight, Twyla Tharp is revered not only for the dances she makes—but for her astounding regime of exercise and nonstop engagement. She is famed for religiously hitting the gym each morning at daybreak, and utilizing that energy to propel her breakneck schedule as a teacher, writer, creator, and lecturer. This book grew out of the question she was asked most frequently: "How do you keep working?" *Keep It*

Moving is a series of no-nonsense mediations on how to live with purpose as time passes. From the details of how she stays motivated to the stages of her evolving fitness routine, Sharp models how fulfillment depends not on fortune—but on attitude, possible for anyone willing to try and keep trying. Culling anecdotes from Twyla's life and the lives of other luminaries, each chapter is accompanied by a small exercise that will help anyone develop a more hopeful and energetic approach to the everyday. Twyla will tell you what the beauty-fitness-wellness industry won't: chasing youth is a losing proposition. Instead, *Keep It Moving* focuses you on what's here and where you're going—the book for anyone who wishes to maintain their prime for life.

How lessons from kindergarten can help everyone develop the creative thinking skills needed to thrive in today's society. In kindergartens these days, children spend more time with math worksheets and phonics flashcards than building blocks and finger paint. Kindergarten is becoming more like the rest of school. In *Lifelong Kindergarten*, learning expert Mitchel Resnick argues for exactly the opposite: the rest of school (even the rest of life) should be more like kindergarten. To thrive in today's fast-changing world, people of all ages must learn to think and act creatively—and the best way to do that is by focusing more on imagining, creating, playing, sharing, and reflecting, just as children do in traditional kindergartens. Drawing on experiences from more than thirty years at MIT's Media Lab, Resnick discusses new technologies and strategies for engaging young people in creative learning experiences. He tells stories of how

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children are programming their own games, stories, and inventions (for example, a diary security system, created by a twelve-year-old girl), and collaborating through remixing, crowdsourcing, and large-scale group projects (such as a Halloween-themed game called Night at Dreary Castle, produced by more than twenty kids scattered around the world). By providing young people with opportunities to work on projects, based on their passions, in collaboration with peers, in a playful spirit, we can help them prepare for a world where creative thinking is more important than ever before.

The question of our time: can we reclaim our lives in an age that feels busier and more distracting by the day? We've all found ourselves checking email at the dinner table, holding our breath while waiting for Outlook to load, or sitting hunched in front of a screen for an hour longer than we intended. Mobile devices and the web have invaded our lives, and this is a big idea book that addresses one of the biggest questions of our age: can we stay connected without diminishing our intelligence, attention spans, and ability to really live? Can we have it all? Alex Soojung-Kim Pang, a renowned Stanford technology guru, says yes. The *Distraction Addiction* is packed with fascinating studies, compelling research, and crucial takeaways. Whether it's breathing while Facebook refreshes, or finding creative ways to take a few hours away from the digital crush, this book is about the ways to tune in without tuning out.

A NEW YORK TIMES BESTSELLER! AS HEARD ON NPR MORNING EDITION AND ON BEING WITH KRISTA TIPPETT “Katherine May opens up exactly what I and so

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many need to hear but haven't known how to name.” —Krista Tippett, On Being “Every bit as beautiful and healing as the season itself. . . . This is truly a beautiful book.” —Elizabeth Gilbert “Proves that there is grace in letting go, stepping back and giving yourself time to repair in the dark...May is a clear-eyed observer and her language is steady, honest and accurate—capturing the sense, the beauty and the latent power of our resting landscapes.” —Wall Street Journal An intimate, revelatory book exploring the ways we can care for and repair ourselves when life knocks us down. Sometimes you slip through the cracks: unforeseen circumstances like an abrupt illness, the death of a loved one, a break up, or a job loss can derail a life. These periods of dislocation can be lonely and unexpected. For May, her husband fell ill, her son stopped attending school, and her own medical issues led her to leave a demanding job. *Wintering* explores how she not only endured this painful time, but embraced the singular opportunities it offered. A moving personal narrative shot through with lessons from literature, mythology, and the natural world, May's story offers instruction on the transformative power of rest and retreat. Illumination emerges from many sources: solstice celebrations and dormice hibernation, C.S. Lewis and Sylvia Plath, swimming in icy waters and sailing arctic seas. Ultimately *Wintering* invites us to change how we relate to our own fallow times. May models an active acceptance of sadness and finds nourishment in deep retreat, joy in the hushed beauty of winter, and encouragement in understanding life as cyclical, not linear. A secular mystic, May forms a guiding

philosophy for transforming the hardships that arise before the ushering in of a new season.

Discover the transformative power of leisure to recapture your calm and creativity. Are your busiest days really the ones that make you feel the most accomplished? It might be time to question whether 'busy' = 'productive'. After reaching breaking points in their careers, business coach John Fitch and AI researcher Max Frenzel learned the critical importance of taking time off. Now these former workaholics will help you revolutionize the way you get things done. History's greatest minds, as well as some of the most successful leaders, thinkers, and creatives of today, found success by practicing a more balanced approach to work and life. Embracing their insights on how constant hustle can be your worst enemy, you will realize that time off means much more than just taking a break. Rediscover a more fulfilled and versatile version of yourself and unlock your true creative potential. Through relatable personal anecdotes, historically sound approaches to downtime, and scientifically backed strategies for increasing your creativity, Time Off will reshape the way you think about work and leisure. In Time Off, you'll discover:- The most effective methods to reclaim leisure, while increasing productivity and creativity- Why having a rest ethic will be a key competitive advantage in the future of work- Tactics for getting away from the work without the dreaded guilt- How to thrive alongside AI and use technology to become more human- The many ways in which time off improves your leadership skills, and much, much more!

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"Persistence and determination alone are omnipotent. The slogan 'Press On' has solved and always will solve the problems of the human race." Calvin Coolidge

Coolidge was on to something when he pointed out that talent and education had far less to do with success than most people thought. Coolidge, something of a self-made man himself, understood that talent and education only get you so far - when, in fact, quitting will rob you of all of the benefits of your "head start." There is only one true human superpower we possess. It's not the power of flight. It certainly isn't the power of invincibility - anyone who's ever failed can tell you that! It's determination. The ability to press on when you are tempted to quit. That is the one and only superpower you will ever have. And the good news is that it's free. It's just not easy. Especially when the world around you doesn't seem like it wants to accommodate your determination - which, let's be honest, is most of the time. You'll find the inspiration and encouragement to "press on" from the real-life stories inside. Regardless of where you find yourself today, "Rest If You Must, But Don't You Quit!"

"A welcome antidote to our toxic hustle culture of burnout."—Arianna Huffington "This book is so important and could truly save lives."—Elizabeth Gilbert "A clarion call to work smarter [and] accomplish more by doing less."—Adam Grant We work feverishly to make ourselves happy. So why are we so miserable? Despite our constant search for new ways to optimize our bodies and minds for peak performance, human beings are working more instead of less, living harder not smarter, and becoming more lonely and

anxious. We strive for the absolute best in every aspect of our lives, ignoring what we do well naturally and reaching for a bar that keeps rising higher and higher. Why do we measure our time in terms of efficiency instead of meaning? Why can't we just take a break? In *Do Nothing*, award-winning journalist Celeste Headlee illuminates a new path ahead, seeking to institute a global shift in our thinking so we can stop sabotaging our well-being, put work aside, and start living instead of doing. As it turns out, we're searching for external solutions to an internal problem. We won't find what we're searching for in punishing diets, productivity apps, or the latest self-improvement schemes. Yet all is not lost—we just need to learn how to take time for ourselves, without agenda or profit, and redefine what is truly worthwhile. Pulling together threads from history, neuroscience, social science, and even paleontology, Headlee examines long-held assumptions about time use, idleness, hard work, and even our ultimate goals. Her research reveals that the habits we cling to are doing us harm; they developed recently in human history, which means they are habits that can, and must, be broken. It's time to reverse the trend that's making us all sadder, sicker, and less productive, and return to a way of life that allows us to thrive.

Six starred reviews! A bold and irreverent YA novel that powerfully reminds us that there are many different types of remarkable, *The Rest of Just Live Here* is from novelist Patrick Ness, author of the Carnegie Medal- and Kate Greenaway Medal-winning *A Monster Calls* and the critically acclaimed *Chaos Walking* trilogy. What if you

aren't the Chosen One? The one who's supposed to fight the zombies, or the soul-eating ghosts, or whatever the heck this new thing is, with the blue lights and the death? What if you're like Mikey? Who just wants to graduate and go to prom and maybe finally work up the courage to ask Henna out before someone goes and blows up the high school. Again. Because sometimes there are problems bigger than this week's end of the world, and sometimes you just have to find the extraordinary in your ordinary life. Even if your best friend is worshipped by mountain lions. ALA Best Fiction for Young Adults * Cooperative Children's Book Center CCBC Choice * Michael Printz Award shortlist * Kirkus Best Book of the Year * VOYA Perfect Ten * NYPL Top Ten Best Books of the Year for Teens * Chicago Public Library Best Teen Books of the Year * Publishers Marketplace Buzz Books * ABC Best Books for Children * Bank Street Best Books List

The #1 New York Times bestseller. Over 3 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the

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level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of *Give and Take*). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master

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complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

INSTANT NEW YORK TIMES BESTSELLER “One of the most important books I’ve ever read—an indispensable guide to thinking clearly about the world.” – Bill Gates
“Hans Rosling tells the story of ‘the secret silent miracle of human progress’ as only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly.” —Melinda Gates
"Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - Former U.S. President Barack Obama
Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world’s population live in poverty; why the world’s population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don’t know what we don’t know, and even our

guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

Staying busy is easy. Staying well rested-now there's a challenge. How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family demands, career pressures, and the stress of everyday life? In *Sacred Rest*, Dr. Saundra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional. Dr. Dalton-Smith shares seven types of rest she has found lacking in the lives of those she encounters in her clinical practice and research-physical, mental, spiritual, emotional, sensory, social, creative-and why a deficiency in any one of these types of rest can have unfavorable effects on your health, happiness, relationships, creativity, and productivity. *Sacred Rest* combines the

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science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories, spiritual insight, and practical next steps, Sacred Rest gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

"A beloved worship leader and music artist invites women to let go of the striving for control that leaves them exhausted and instead learn to trust God with their deepest dreams and desires"--

REST continues to gain momentum as the best method for building Web services, and this down-to-earth book delivers techniques and examples that show how to design and implement integration solutions using the REST architectural style.

NALI By Esther Henry In an era of darkness, mystery, tropical jungles and cannibalism, Nali tries to buck the ancient traditions, only to find herself deeply entrenched in them. As a young girl full of dreams, she is given to a tribal elder in marriage and quickly learns that her girlhood dreams could be shattered overnight. The rain forest held a secret refuge that only Nali knew, where she took her dreams and her delusions. Will she be forced to succumb to a subservient role the rest of her life, or can she overcome the hopelessness that

comes with isolation, ignorance and tradition? Deep in the heart of New Guinea lies the village of Mendoka, beautifully camouflaged from the rest of the world. Although the village has yet to be discovered, the outside world would soon have an influence on their lives. An interruption to their peaceful simplicity would both terrify them and cause them to search for answers. Readers will be able to follow the lives of those who lived in a much simpler time and become immersed in the culture that controlled their everyday existence.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-

changing.” —The New York Times “Deserves a place on the same shelf with The Diary of a Young Girl by Anne Frank.” —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

"Take a break and read Rest: you'll make smarter decisions, have better relationships, and be happier and more creative" James Wallman, author of Stuffocation "Many of us are interested in how to work better, but we don't think very much about how to rest better." Do you regularly find yourself too tired after a long day at the office to do anything other than binge TV, or scroll mindlessly through social media? Do you go on holiday and still compulsively check your email? Do you work through your lunch-break, often not even leaving the office and getting some fresh air? For most of us, overwork is the new norm, and we never truly take the time to rest and recharge. But as Silicon Valley consultant Alex Soojung-Kim Pang explains in this groundbreaking book, rest needs to be taken seriously and to be done properly, because when you rest better you work better. Drawing on emerging neuroscience, Rest is packed full of practical and easy tips for incorporating rest into our everyday: - Stopping work on a task when you know exactly what the next step is will make it easier to get started the next day, and will help you set a steady working pace - Take a long walk when you're stuck on a task; it will help stimulate new ideas and creativity - Have deliberate

rest periods - scheduled into your diary - and use this time on trying a new activity such as painting or learning a language When you rest better you'll find that it won't just be your work which 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. This might be the book to finally persuade us that downtime isn't in conflict with good work; rather, it's an essential ingredient of it" Oliver Burkeman, Guardian

NATIONAL BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara’s stunning novel is about the families we are born into, and those that we make for

ourselves. Look for Hanya Yanagihara's new novel, *To Paradise*, coming in January 2022.

Celebrated scientists Nicholas Christakis and James Fowler explain the amazing power of social networks and our profound influence on one another's lives. Your colleague's husband's sister can make you fat, even if you don't know her. A happy neighbor has more impact on your happiness than a happy spouse. These startling revelations of how much we truly influence one another are revealed in the studies of Dr. Christakis and Fowler, which have repeatedly made front-page news nationwide. In *Connected*, the authors explain why emotions are contagious, how health behaviors spread, why the rich get richer, even how we find and choose our partners. Intriguing and entertaining, *Connected* overturns the notion of the individual and provides a revolutionary paradigm—that social networks influence our ideas, emotions, health, relationships, behavior, politics, and much more. It will change the way we think about every aspect of our lives. You and your company can work less, be more productive, and make time for what's really important. The idea of success embraced by the global economy means being always-on, never missing an opportunity, and outworking your peers. But working ever-longer hours isn't sustainable for companies or individuals. Fatigue-induced mistakes, whether in the operating room or factory

line, cost companies billions, and overwork alienates and burns out valuable employees. But what if there is another way? Shorter tells the story of entrepreneurs and leaders all over the world who have discovered how to shrink the workweek without cutting salaries or sacrificing productivity or revenues. They show that by reducing distractions, eliminating inefficiencies, and creating time for high-quality focus and collaboration, 4-day workweeks can boost recruitment and retention, make leaders more thoughtful and companies more sustainable, and improve work-life balance. Using design thinking, a business and product development process pioneered in Silicon Valley, futurist and consultant Alex Pang creates a step-by-step guide for readers to redesign their workdays.

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

When a dissertation crosses my desk, I usually want to grab it by its metaphorical lapels and give it a good shake. "You know something!" I would say if it could hear me. "Now tell it to us in language we can understand!" Since its publication

in 2005, *From Dissertation to Book* has helped thousands of young academic authors get their books beyond the thesis committee and into the hands of interested publishers and general readers. Now revised and updated to reflect the evolution of scholarly publishing, this edition includes a new chapter arguing that the future of academic writing is in the hands of young scholars who must create work that meets the broader expectations of readers rather than the narrow requirements of academic committees. At the heart of *From Dissertation to Book* is the idea that revising the dissertation is fundamentally a process of shifting its focus from the concerns of a narrow audience—a committee or advisors—to those of a broader scholarly audience that wants writing to be both informative and engaging. William Germano offers clear guidance on how to do this, with advice on such topics as rethinking the table of contents, taming runaway footnotes, shaping chapter length, and confronting the limitations of jargon, alongside helpful timetables for light or heavy revision. Germano draws on his years of experience in both academia and publishing to show writers how to turn a dissertation into a book that an audience will actually enjoy, whether reading on a page or a screen. Germano also acknowledges that not all dissertations can or even should become books and explores other, often overlooked, options, such as turning them into journal articles or chapters in an

edited work. With clear directions, engaging examples, and an eye for the idiosyncrasies of academic writing, *From Dissertation to Book* reveals to recent PhDs the secrets of careful and thoughtful revision—a skill that will be truly invaluable as they add “author” to their curriculum vitae.

Nutrition, exercise, meditation, everything a person needs to be healthy

Widely-acclaimed author Mark Buchanan states that what we've really lost is "the rest of God—the rest God bestows and, with it, that part of Himself we can know only through stillness." Stillness as a virtue is a foreign concept in our society, but there is wisdom in God's own rhythm of work and rest. Jesus practiced Sabbath among those who had turned it into a dismal thing, a day for murmuring and finger-wagging, and He reminded them of the day's true purpose: liberation—to heal, to feed, to rescue, to celebrate, to lavish and relish life abundant. With this book, Buchanan reminds us of this and gives practical advice for restoring the sabbath in our lives.

Named a Best Book of the Year by The Washington Post, Time, NPR, Amazon, Vice, Bustle, The New York Times, The Guardian, Kirkus Reviews, Entertainment Weekly, The AV Club, & Audible A New York Times Bestseller

“One of the most compelling protagonists modern fiction has offered in years: a loopy, quietly furious pillhead whose Ambien ramblings and Xanax b*tcheries

somehow wend their way through sad and funny and strange toward something genuinely profound.” — Entertainment Weekly “Darkly hilarious . . . [Moshfegh’s] the kind of provocateur who makes you laugh out loud while drawing blood.”

—Vogue From one of our boldest, most celebrated new literary voices, a novel about a young woman's efforts to duck the ills of the world by embarking on an extended hibernation with the help of one of the worst psychiatrists in the annals of literature and the battery of medicines she prescribes. Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong? *My Year of Rest and Relaxation* is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major

writers working at the height of her powers.

On Christmas Day, a University scrooge finds a murdered librarian. Each December, the faculty of Balaclava Agricultural College goes wild with Christmas lights. The entire campus glitters with holiday decorations, save for one dark spot: the home of professor Peter Shandy. But after years of resisting the Illumination festival, Shandy snaps, installing a million-watt display of flashing lights and blaring music perfectly calculated to drive his neighbors mad. The horticulturalist flees town, planning to spend Christmas on a tramp steamer, but soon feels guilty about his prank and returns home to find his Christmas lights extinguished, and a dead librarian in his living room. Wishing to avoid a scandal, the school's head asks Shandy to investigate the matter quietly. After all, Christmas is big business, and the town needs the cash infusion provided by the Illumination. As Peter Shandy will soon find, though, there is a dark side to even the whitest of white Christmases. Review Quotes. "Charm, wit, and Holmesian logic." - Audiofile. "MacLeod can be counted on for a witty, literate and charming mystery." - Publishers Weekly. "The epitome of the 'cozy' mystery." - Mostly Murder. Biographical note. Charlotte MacLeod (1922-2005) was an internationally bestselling author of cozy mysteries. Born in Canada, she moved to Boston as a child, and lived in New England most of her life. After graduating

from college, she made a career in advertising, writing copy for the Stop & Shop Supermarket Company before moving on to Boston firm N. H. Miller & Co., where she rose to the rank of vice president. In her spare time, MacLeod wrote short stories, and in 1964 published her first novel, a children's book called *Mystery of the White Knight*. In *Rest You Merry* (1978), MacLeod introduced Professor Peter Shandy, a horticulturist and amateur sleuth whose adventures she would chronicle for two decades. *The Family Vault* (1979) marked the first appearance of her other best-known characters: the husband and wife sleuthing team Sarah Kelling and Max Bittersohn, whom she followed until her last novel, *The Balloon Man*, in 1998.

Everyone is burned out, but no one knows what that means -- Burnout : the first 2,000 years -- The burnout spectrum -- How jobs have gotten worse in the age of burnout -- Work saints and work martyrs : the problem with our ideals -- We can have it all : a new vision of the good life -- How benedictines tame the demons of work -- Varieties of anti-burnout experience -- Conclusion : nonessential work in a post-pandemic world.

Winner of the 2007 National Book Critics Circle Award for Criticism
A New York Times Book Review Top Ten Book of the Year
Time magazine Top Ten Nonfiction Book of 2007
Newsweek Favorite Books of 2007
A Washington Post

Book World Best Book of 2007 In this sweeping and dramatic narrative, Alex Ross, music critic for The New Yorker, weaves together the histories of the twentieth century and its music, from Vienna before the First World War to Paris in the twenties; from Hitler's Germany and Stalin's Russia to downtown New York in the sixties and seventies up to the present. Taking readers into the labyrinth of modern style, Ross draws revelatory connections between the century's most influential composers and the wider culture. *The Rest Is Noise* is an astonishing history of the twentieth century as told through its music.

Sit back and relax and learn about why overworking and under resting can be harmful to yourself and your career. "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 Overwork is the new normal. Rest is something to do when the important things are done-but they are never done. Looking at different forms of rest, from sleep to vacation, Silicon Valley futurist and business consultant Alex Soojung-Kim Pang dispels the myth that the harder we work the better the outcome. He combines rigorous scientific research with a rich array of examples of writers, painters, and thinkers---from Darwin to Stephen King---to challenge our tendency to see work and relaxation as antithetical. "Deliberate rest," as Pang calls it, is the true key to productivity, and 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. Develop a powerful practice of deep relaxation and transformative self-inquiry with this essential guide to yoga nidra, accompanied by downloadable audio meditations. Yoga nidra is a practice devoted to allowing your body and mind to rest while your consciousness remains awake and aware, creating the opportunity for you to tap into a deeper understanding of yourself and your true nature. At its heart, yoga nidra is about waking up to the fullness of your life. In *Radiant Rest*, Tracee Stanley draws on over twenty years of experience as a yoga nidra teacher and practitioner to introduce the history of yoga nidra, mind and body relaxation, and the surprising power of rest in our daily lives. This accessible guide shares six essential practices arranged around the koshas, the five subtle layers of the body: the physical, energetic, mental, intuitive, and bliss bodies. It also offers shorter, accessible practices for people pressed for time. Each practice is explained through step-by-step instructions and ends with self-inquiry prompts. A set of guided audio meditations provide further instruction. Feel a greater sense of stability, peace, and clarity in all aspects of your life as you deepen your yoga nidra practice and discover its true power.

A lively, immersive history by an award-winning urbanist of New York City's transformation, and the lessons it offers for the city's future. Dangerous, filthy, and falling apart, garbage piled on its streets and entire neighborhoods reduced to rubble;

Bookmark File PDF Rest Why You Get More Done When You Work Less

New York's terrifying, if liberating, state of nature in 1978 also made it the capital of American culture. Over the next thirty-plus years, though, it became a different place—kinder and meaner, richer and poorer, more like America and less like what it had always been. New York, New York, New York, Thomas Dyja's sweeping account of this metamorphosis, shows it wasn't the work of a single policy, mastermind, or economic theory, nor was it a morality tale of gentrification or crime. Instead, three New Yorks evolved in turn. After brutal retrenchment came the dazzling Koch Renaissance and the Dinkins years that left the city's liberal traditions battered but laid the foundation for the safe streets and dotcom excess of Giuliani's Reformation in the '90s. Then the planes hit on 9/11. The shaky city handed itself over to Bloomberg who merged City Hall into his personal empire, launching its Reimagination. From Hip Hop crews to Wall Street bankers, D.V. to Jay-Z, Dyja weaves New Yorkers famous, infamous, and unknown—Yuppies, hipsters, tech nerds, and artists; community organizers and the immigrants who made this a truly global place—into a narrative of a city creating ways of life that would ultimately change cities everywhere. With great success, though, came grave mistakes. The urbanism that reclaimed public space became a means of control, the police who made streets safe became an occupying army, technology went from a means to the end. Now, as anxiety fills New Yorker's hearts and empties its public spaces, it's clear that what brought the city back—proximity, density, and human exchange—are what sent Covid-19 burning through

its streets, and the price of order has come due. A fourth evolution is happening and we must understand that the greatest challenge ahead is the one New York failed in the first three: The cures must not be worse than the disease. Exhaustively researched, passionately told, New York, New York, New York is a colorful, inspiring guide to not just rebuilding but reimagining a great city.

"A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of *Option B*, *Originals*, and *Give and Take*

"An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of *Thrive* and *The Sleep Revolution*

"I doubt anyone can read *Peak Performance* without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of *The Sports Gene*

A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, *Peak Performance* combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest

scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, Peak Performance uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, Peak Performance uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, Peak Performance will teach you how.

Rest A While.By Porter

Successful people reach a point of "relative" success and decide to change their lives. Is That All There Is? explores this phenomenon and includes interviews with 14 people who have successfully changes their lives.

A revelatory and timely look at how technology boosts our cognitive abilities—making us smarter, more productive, and more creative than ever It's undeniable—technology is changing the way we think. But is it for the better? Amid a chorus of doomsayers, Clive Thompson delivers a resounding "yes." In Smarter Than You Think, Thompson shows that every technological innovation—from the written word to the printing press to the

telegraph—has provoked the very same anxieties that plague us today. We panic that life will never be the same, that our attentions are eroding, that culture is being trivialized. But, as in the past, we adapt—learning to use the new and retaining what is good of the old. Smarter Than You Think embraces and extols this transformation, presenting an exciting vision of the present and the future.

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