

Rest: Why You Get More Done When You Work Less

"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.

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.*

Baby Boomer Alert Get ready for the next prime of your life! Today we're living so much longer and more productively that age sixty has truly become the new age forty-the prime of life when our careers are in full swing, our minds are at their most creative, and our passions burn their hottest. -Mark Victor Hansen and Art Linkletter So how do we ensure that our bodies remain fit, our minds alert and creative, our finances stable-even growing-throughout our senior years? TV icon Art Linkletter (incredibly active in several enterprises at the age of 94) and Chicken Soup for the Soul® cocreator Mark Victor Hansen team up to show us how. Much more than a pep talk about maintaining a youthful attitude in our Second Prime, How to Make the Rest of Your Life the Best of Your Life provides tools we can use: strategies, self-tests, worksheets and resources, plus dozens of inspiring stories and humorous anecdotes. Woven together by the authors' own invincible spirits, these empowering principles come alive as Hansen and Linkletter motivate us to find greater purpose and passion in what we do, making the rest of our lives the best ever.

The Higher Reality of Business The health of business is inextricably linked with the health of humanity and nature. But our current approaches to leadership treat business as entirely separate—and the result has been recurring economic, environmental, and human crises. In this extraordinary book, Ram Nidumolu uses evocative parables and stories from the ancient Indian wisdom texts, the Upanishads, to introduce Being-centered leadership. This new kind of leadership is anchored in the concept of Being, the fundamental reality that underlies all phenomena. Being-centered leaders are guided by an innate sense of interconnection—the good of the whole becomes an integral part of their decisions and actions. Using the experiences of over twenty trailblazing CEOs, as well as those from his own life, Nidumolu describes a four-stage road map every aspiring leader can use to reconnect business to the wider world—to the benefit of all.

65 Things to Do When You Retire

Radiant Rest

Atomic Habits

Reclaim Your Power with Yoga Nidra Rest Meditation

Teaching from Rest

Laying You to Rest

A Philanthropic Guide for the Rest of Us

Synopsis Rest Stop is a 250 page realistic novel based on real characters I knew while I served my time in prison. It is about the convicts I lived with on a daily basis. The book starts off in prison and gives insight of the living conditions. It tells of the games that are needed in order to survive. It explains the brotherhood that forms between cell mates and the cliques you become part of, not by choice but out of necessity. Following a fight and a stabbing, the four inmates who are held responsible are being transported from a minimum security location to the main prison when they escape. The escape convicts come up with a plan to take over a rest-area on Interstate 15. It was just a few miles from Las Vegas. They figured that the people going to Vegas would have lots of cash on them. Their plan was to rob them and use the money to get out of the country. It is a long way from Oregon State Penitentiary to Las Vegas. A big part of the story takes place on the trip to get to the rest stop, with robbery, murder and rape along the way. The driving force behind the story is the dialog and vivid thought process, not only from the convicts but from the victims. Each chapter gives insight to the mind set and words of the escaped convicts, along with the Warden, the State Police and the Federal agent who is always just one step behind the inmates. The novel begins with a thrilling, fast paced opening. It holds the excited pace up to an unforgettably tense conclusion. Each chapter ends in a poem I wrote while in prison and coincides with the story. The epilogue leaves room for a sequel for a second book. Ron Lemco PO Box 63 Sumner, WA. 98390 253-2284544 rlemco@aol.com

New York Times and USA Today bestseller Roni Loren brings the heat in this complex story of: A woman battling her anxiety A man who seems too good to be true A sizzling connection built over sweltering New Orleans nights And an emotional climax that'll have them both baring it all Everyone knows Miz Poppy, the vibrant reviewer whose commentary brightens the New Orleans nightlife. But no one knows Hollyn Tate, the real face behind the media star...or the anxiety that keeps her isolated. All her life, Hollyn's tried to hide her true self behind an online façade, but when her boss tells her she needs to reveal the truth to the world or lose her job, she's forced to rely on an unexpected source to help face her fears. Enter Jasper Deares: actor, improve star, and way, way out of her league. Hollyn thinks Jasper must be joking when he offers private lessons to help overcome her fears. Getting up on a stage? Hello, worst nightmare. But Jasper's infectious charm has her saying yes despite herself. They're only supposed to be playing a few improv games, but as the lessons run longer and the lines grow blurrier, Hollyn can't help but wonder if she's acting at all...or if a relationship with Jasper might help give her the confidence she needs to say yes to every imperfect part of herself. Readers Rave About Books By Roni Loren: "Phenomenal."—LORELEI JAMES, *New York Times* and *USA Today* bestselling author "Unforgettable."—KRISTEN CALLIHAN, *New York Times* and *USA Today* bestselling author "Unique, swoony, and lively."—SARINA BOWEN, *USA Today* bestselling author

"Don't let this book get away!"—M. O'KEEFE, *USA Today* bestselling author "A must-read."—Publishers Weekly STARRED Review for *The One You Fight For*

A runaway boy. The girl he left behind. A modern-day ghost story. Told in poems.

"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

How to Break Away from Overworking, Overdoing, and Underliving

Why We've Had Enough of Stuff and Need Experience More Than Ever

Can You Sleep Like This?

Rest You Merry

Recover Your Life, Renew Your Energy, Restore Your Sanity

In the Rest of God

LEARN HOW TO REST BETTER WITH THIS ESSENTIAL BOOK Do you regularly find yourself too tired after a long day to do anything other than binge TV? Do you go on holiday and still compulsively check your email? Do you work through your lunch-break, often not even leaving your desk 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 - 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 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* "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*

Start Your Day in the Very Best Way Discover more joy, peace, and purpose every morning as you listen to the voice of the One who delights in you! In *Coffee for Your Heart*, bestselling author Holley Gerth shares 40 encouraging and powerful reminders of how God sees you as His beloved daughter. You are... wonderfully made chosen irreplaceable strong never alone ...and so much more! This noisy world can make it hard to hear the assurances of God. Let His voice be the loudest one in your life as He stirs up your hope and confidence each new day. "Take a deep breath, grab a cup of something cozy, and let God's love fill your heart with whatever you need most today." —Holley Previously published as *God's Heart for You*.

The #1 *New York Times* bestseller. Over 4 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 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.

What if you could reboot your health, tap into your creative self, reclaim your wild nature, lead from your heart—and still feel well rested? As modern women, we’re taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it’s also exhausting. Being a “worn-out woman” is now so common that we think feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it’s holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It’s time to lie down and begin the journey to waking up Though it comes from the yogic tradition, yoga nidra doesn’t look like a typical yoga class—the entire practice is done lying down. As you listen to a guided meditation, you’re gently taken into complete inner stillness, effortlessly releasing into a healing state that works on both cellular and subtle body levels. With *Daring to Rest*, Brody presents a comprehensive yoga nidra program that unfolds in three phases: rest for physical exhaustion, release for mental and emotional exhaustion, and rise for tuning in to the “life purpose exhaustion” that can come when we’re not in our full power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices. “By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power,” writes Brody. “Now is the time to break the cycle of fatigue and return to your truest self—the woman you are when you’re not constantly exhausted.”

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Yes & I Love You

Daring to Rest

The Midnight Library

Wintering

The Rest of Us Just Live Here

Healthy Brain, Happy Life

A neuroscientist transforms the way we think about our brain, our health, and our personal happiness in this clear, informative, and inspiring guide!a blend of personal memoir, science narrative, and immediately useful takeaways that bring the human brain into focus as never before, revealing the powerful connection between exercise, learning, memory, and cognitive abilities. Nearing forty, Dr. Wendy Suzuki was at the pinnacle of her career. An award-winning university professor and world-renowned neuroscientist, she had tenure, her own successful research lab, prestigious awards, and international renown. That's when to celebrate her birthday, she booked an adventure trip that forced her to wake up to a startling reality: despite her professional success, she was overweight, lonely, and tired and knew that her life had to change. Wendy started simply by going to an exercise class. Eventually, she noticed an improvement in her memory, her energy levels, and her ability to work quickly and move from task to task easily. Not only did Wendy begin to get fit, but she also became sharper, had more energy, and her memory improved. Being a neuroscientist, she wanted to know why. What she learned transformed her body and her life. Now, it can transform yours. Wendy discovered that there is a biological connection between exercise, mindfulness, and action. With exercise, your body feels more alive and your brain actually performs better. Yes!you can make yourself smarter. In this fascinating book, Suzuki makes neuroscience easy to understand, interweaving her personal story with groundbreaking research, and offering practical, short exercises!4 minute Brain Hacks!to engage your mind and improve your memory, your ability to learn new skills, and function more efficiently. Taking us on an amazing journey inside the brain as never before, Suzuki helps us unlock the keys to neuroplasticity that can change our brains, or bodies, and, ultimately, our lives.

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 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.

Present essays from noted authors and retirement experts on how to use retirement to achieve one's personal dreams.

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.

Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun

Coffee for Your Heart

The Life You Long For

Smarter Than You Think

Work Better, Smarter, and Less!Here's How

The Rise of the Rest

Rest Eat Move

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 & 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!

As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

Steve Case, cofounder of America Online and Revolution and New York Times bestselling author of The Third Wave, shows how entrepreneurs across the country are building groundbreaking companies, renewing communities, and creating new jobs—in the process reimagining the American landscape and bringing people together around a shared future. In 2014, Steve Case launched Revolution's Rise of the Rest, an initiative to accelerate the growth of tech startups across the country. Rise of the Rest is based on a simple idea: cities can be renewed and rise again if they develop a vibrant startup culture. A visionary entrepreneur himself, Case believes that great entrepreneurs can be found anywhere, and can thrive with the proper support and investment. In fact, they're key to the American DNA. After all, America itself was a startup. It struggled to get going and almost didn't make it. Today it's the leader of the free world, in part because it has the world's largest economy—a testament to several generations of pioneering entrepreneurs. But America needs help keeping its promises, as it is harder today for innovators who live outside the major tech hubs. For most of the past decade, seventy-five percent of venture capital has gone to just three states—California, New York, and Massachusetts—while the forty-seven states making up the rest of the country have been forced to share the remaining twenty-five percent. And it's even harder for some people no matter where they live. Less than ten percent of venture capital currently goes to female founders, and less than one percent to Black founders. Since new companies—startups—are responsible for net new job creation, it is essential that entrepreneurs everywhere have the opportunity to start and scale companies. Rise of the Rest is about leveling the playing field for everybody, and in the process creating opportunity and jobs for the people and places that have been left behind. This book tells that story and provides a hopeful perspective on the future of America. In The Rise of the Rest: How Entrepreneurs in Surprising Places are Building the New American Dream, Case takes readers on an exhilarating journey into the startup communities that are transforming cities nationwide. Rise of the Rest's signature road trips, on a big red tour bus, have created significant local and national buzz and spotlighted communities large and small that have committed to a new tech-enabled future. Along the way, Case introduces readers to dozens of entrepreneurs whose inspirational stories of struggle and achievement match the most iconic examples of American invention. To date, Case has traveled to forty-three cities on his Rise of the Rest bus tour and has been featured on 60 Minutes, and in The New York Times, USA TODAY, Fast Company, and The Wall Street Journal. With dedicated venture funds, backed by an iconic group of investors, executives, and entrepreneurs including Jeff Bezos, Eric Schmidt, Meg Whitman, John Doerr, Sara Blakely, and Ray Dalio, Rise of the Rest also invests in the most promising high-growth startups located anywhere in the US outside of Silicon Valley, New York City, and Boston. The fund has invested in more than 175 companies across more than eighty cities, including: Phoenix, Chattanooga, Chicago, Denver, Detroit, Louisville, Baltimore, Columbus, St. Louis, Green Bay, Madison, Buffalo, Kansas City, Minneapolis, Cincinnati, Miami, Dallas, Salt Lake City, Omaha, Atlanta, Pittsburgh, Nashville, Indianapolis, New Orleans, and dozens of others.

The #1 New York Times bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year "A feel-good book guaranteed to lift your spirits."—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of How To Stop Time and The Comfort Book. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In The Midnight Library, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

A Personal Program to to Activate Your Brain and Do Everything Better

A Little Life

How to Make the Rest of Your Life the Best of Your Life

iGen

You Have the Power to Feel Your Best

Do Nothing

Learning to Live from a Heart of Rest

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.

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.

"Provides an introduction to the benefits of sleep, including a discussion on dreaming, nightmares, sleepwalking, insomnia, and tips on how to sleep well."

Shortlisted for the British Psychological Society Book Award for Popular Science Much of value has been written about sleep, but rest is different; it is how we unwind, calm our minds and recharge our bodies. The Art of Rest draws on ground-breaking research Claudia Hammond collaborated on: 'The Rest Test', the largest global survey into rest ever undertaken, completed by 18,000 people across 135 different countries. The survey revealed how people get rest and how it is directly linked to your sense of wellbeing. Counting down through the top ten activities which people find most restful, Hammond explains why rest matters, examines the science behind the results to establish what really works and offers a roadmap for a new, more restful and balanced life.

Laziness Does Not Exist

Sleep Well

Rest Your Mind

The Power of Rest and Retreat in Difficult Times

A Practical Guide to Building Your Rest Ethic and Finding Success Without the Stress

The Happiness Project (Revised Edition)

7 Steps to Improve The Quality of Your Sleep Every Night So You Can Live Happier, Healthier & Longer

"What keeps you from sleeping at night? Even if you managed to get six, seven, or even eight hours of sleep last night, did you rest well? If you are struggling to truly rest, Can You Sleep Like This? In the Rest of God is a prescription using humorous stories that not only treat the symptoms of insomnia and restlessness, but also addresses the heart of the problem to cure them. Can You Sleep Like This? suggests that rest is not only a gift from God to His people, but it is also a requirement for entering His rest. Rest is a spiritual discipline we must master, physically, mentally, emotionally, and spiritually, for optimal performance. In this book, you will: discover what keeps you from resting in God; learn the five ingredients for establishing rest in your regular routine, and reflect on and respond to what you have learned"--

"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!"

“This book made me happy in the first five pages.” —A.J. Jacobs, author of The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The author of the bestselling 40 Ways to Look at Winston Churchill has produced a work that is “a cross between the Dalai Lama's The Art of Happiness and Elizabeth Gilbert's Eat, Pray, Love.” (Sonya Lyubomirsky, author of The How of Happiness: A Scientific Approach to Getting the Life You Want) In the vein of Julie and Julia, The Happiness Project describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

How to release productivity guilt and embrace the hidden values in our daily lives. Any given day brings a never-ending list of things to do. There's the work thing, the catch-up thing, the laundry thing, the creative thing, the exercise thing, the family thing, the thing we don't want to do, and the thing we've been putting off, despite it being the most important thing. Even on days when we get a lot done, the thing left undone can leave us feeling guilty, anxious, or disappointed. After five years of searching for the secret to productivity, Madeleine Dore discovered there isn't one. Instead, we're being set up to fail. I Didn't Do the Thing Today is the inspiring call to take productivity off its pedestal—by dismantling our comparison to others, aspirational routines, and the unrealistic notions of what can be done in a day, we can finally embrace the joyful messiness and unpredictability of life. For anyone who has ever felt the pressure to do more, be more, achieve more, this antidote to our doing-obsession is the permission slip we all need to find our own way.

The Art of Rest

Why You Need to Rest

Rest Stop

Timeless Indian Wisdom for Business Leaders

How We Give Now

Shorter

40 Mornings of Life-Changing Encouragement

From social psychologist Dr. Devon Price, a conversational, stirring call to “a better, more human way to live” (Cal Newport, New York Times bestselling author) that examines the “laziness lie”—which falsely tells us we are not working or learning hard enough. Extra-curricular activities. Honors classes. 60-hour work weeks. Side hustles. Like many Americans, Dr. Devon Price believed that productivity was the best way to measure self-worth. Price was an overachiever from the start, graduating from both college and graduate school early, but that success came at a cost. After Price was diagnosed with a severe case of anemia and heart complications from overexertion, they were forced to examine the darker side of all this productivity. Laziness Does Not Exist explores the psychological underpinnings of the “laziness lie,” including its origins from the Puritans and how it has continued to proliferate as digital work tools have blurred the boundaries between work and life. Using in-depth research, Price explains that people today do far more work than nearly any other humans in history yet most of us often still feel we are not doing enough. Filled with practical and accessible advice for overcoming society’s pressure to do more, and featuring interviews with researchers, consultants, and experiences from real people drowning in too much work, Laziness Does Not Exist “is the book we all need right now” (Caroline Dooner, author of The F*ck It Diet).

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

“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.

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 is'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.

Two Birds in a Tree

A Novel

A Homeschooler's Guide to Unshakable Peace

The Distraction Addiction

Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us

65 Notable Achievers on How to Make the Most of the Rest of Your Life

Rest If You Must, But Don't You Quit

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. Sandra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional. Dr. Dalton-Smith 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 science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest a 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.

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 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 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 become more human- The many ways in which time off improves your leadership skills, and much, much more!

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 bla

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 I even the whitest of white Christmases.

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. 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 producing 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.

Time Off

I Didn't Do the Thing Today

How Technology Is Changing Our Minds for the Better

How to Find Respite in the Modern Age

Yoga Nidra for Deep Relaxation and Awakened Clarity

Getting the Information You Need and the Communication You Want, Without Enraging Your Family, Annoying Your Colleagues, and Destroying Your Soul

Stuffocation

Stuffocation is a movement manifesto for "experiential" living, a call to arms to stop accumulating stuff and start accumulating experiences, and a road map for a new way forward with the potential to transform our lives. Reject materialism. Embrace experientialism. Live more with less. Stuffocation is one of the most pressing problems of our time: we have more stuff than we could ever need, and it isn't making us happier. It's bad for the planet. It's cluttering up our homes. It's making us stressed—and it might even be killing us. A rising number of us are already turning our backs on all-you-can-get consumption. We are choosing access over ownership, and taking our business to compare to Netflix. Fed up with materialism, we are ready for a new way forward. Trend forecaster James Wallman traces our obsession with stuff back to the original Mad Men, who first created desire through advertising. He interviews anthropologists studying the clutter crisis, economists searching for new ways of measuring progress, and psychologists studying declining well-being. And he introduces us to the innovators who are already living more consciously and with more meaning by choosing experience over stuff. Experientialism does not mean giving up all of our possessions. It is a solution that is less extreme but equally fundamental. It's about transforming what we value. Stuffocation is a practical guide to breaking bad habits and an inspiring call for living more with less. It's the one important book you won't be able to live without. Praise for Stuffocation "The revelations come fast and furious as he asserts that acquiring 'stuff' is often just an easy way to ignore the tougher questions of life, dodging 'why am I here?' and 'how should I live?' for 'will that get me a promotion this week?' Tart and often funny . . . [Stuffocation] will be an eye-opener for those long ago persuaded that more is better. A scintillating read that will provoke conversation (or at least closet cleaning)."---Booklist "James Wallman deftly hits upon a major insight for our times: that acquiring 'stuff' and 'things' is not nearly as meaningful as collecting experiences. Our happiest days of my life were when I had nothing and lived on a houseboat. Without stuff to tie me down, I felt completely free."---Blake Mycoskie, founder of TOMS and author of the New York Times bestseller Start Something That Matters "A must-read . . . We think that more stuff will make us happier, but as the book nicely shows, we're wrong. The abundance of stories and science, Stuffocation reveals the downside of more, and what we can do about it."---Jonah Berger, author of the New York Times bestseller Contagious "Wallman offers a deeply important message by weaving contemporary social science into very engaging stories. Reading the book is such a pleasure that you hardly recognize it as a book. It should change how you live your life."---Barry Schwartz, author of The Paradox of Choice "With a sociologist's eye and a storyteller's ear, Wallman takes us on a tour of today's experience economy from the perspective not of businesses, nor even of consumers per se, but of everyday people."---B. Joseph Pine II and James H. Gilmore, authors of The Experience Economy

Economy 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 a group of 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 tragedy. 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.

How Entrepreneurs in Surprising Places are Building the New American Dream

Peak Performance

Sacred Rest

Letting Go of Productivity Guilt

Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success

Why You Get More Done When You Work Less