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# Rest Why You Get More Done When You Work Less By Alex Soojung Kim Pang

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intense interest in what makes us creative in how the process works and how we can improve it'

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must learn to work smarter over harder The book Rest by Alex Soojung kim pang is a must read for any'

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**April 28th, 2020 - 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"Rest on Apple Books**

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April 17th, 2020 - The book I just finished reading is called Rest Why You Get More Done When You Work Less by Alex Soojung Kim Pang The main premise of Rest is that we spend more time thinking and agonizing about how we work i e how we can improve our productivity etc vs how we rest relax and recover Think about that for a second" **Rest Why You Get More Done When You Work Less Alex**

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*Soojung Kim Pang dispels the myth that the harder we work the better the outcome*"**Rest Why You Get More Done When You Work Less Blog SHRM**

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