

Book Online What's a Duke Got to Do With It by Christina Britton

Do Pause: You are not a To Do list.

By: Robert Poynton

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There is more to life than getting things done. Machines are designed to run constantly; people aren't. Our coping mechanisms are meditation apps, weekend breaks and annual holidays, but things soon revert. To prosper, we need a more sustainable approach: an ability to pause. Do Pause looks at the importance of this subtle yet powerful idea to communication, creativity, relationships as well as our wellbeing and sanity. With practical tools to help you create new habits or make more significant lifestyle choices, you'll discover ways to reset and regenerate. Deepen your thinking and experiences. Take back control of your time. Reconnect with other people and yourself. From taking a breath to taking a sabbatical, a pause can be many things. And the good news is, even just a small pause every now and again can make a real and lasting difference.

tags:


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 Difficulté **Difficile**

 Durée **85 jour(s)**

 Catégories **Machines & Outils, Recyclage & Upcycling, Science & Biologie**

 Coût **810 EUR (€)**

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