

The Art Of Doing Nothing (Hardback)

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THE ART OF DOING NOTHING (HARDBACK)



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Random House USA Inc, United States, 1998. Hardback. Condition: New. Language: English . Brand New Book. A culture of overachievers, we make things happen #151; and happen fast. While rushing along, though, the days seem to get shorter and shorter. If only time would hold still, just a little bit, to let us savor life s simplest moments. . . . The Art of Doing Nothing will help to ease these beat-the-clock jitters. The stress-reducing techniques described here require no time, no skill, no commitment. A practical guide to rest and relaxation, it ushers us into a world where being is more compelling than doing. Beautifully illustrated with Erica Lennard s photographs, The Art of Doing Nothing gives us permission to celebrate idleness in all its mesmerizing forms. Vé ronique Vienne s delightfully informative essays on the art of breathing, meditating, bathing, listening, waiting, and more offer useful tips on such skills as how to whistle, stay in the moment, take a nap, cure a cold, or watch the sun set over the horizon. Without further ado #151; and without feeling guilty #151; we learn to unwind, exhale, and, yes, stop and smell the roses. Like Ira Gershwin, you will be delighted to discover that you ve got plenty of nothin , and that nothin s plenty for you.

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