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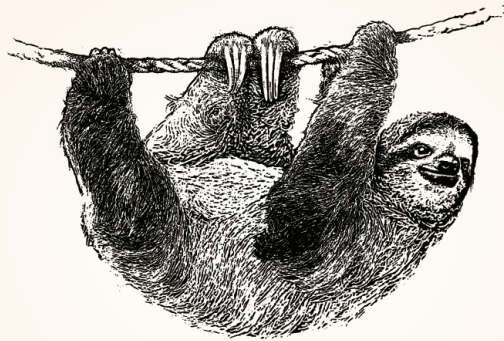
Posted on 18 October 2019 By Celeste Headlee

# ( Read E-pub ) ð Do Nothing ? eBook or Kindle ePUB free

( Read E-pub ) ° Do Nothing ? We Work Feverishly To Make Ourselves Happy So Why Are We So Miserable This Manifesto Helps Us Break Free Of Our Unhealthy Devotion To Efficiency And Shows Us How To Reclaim Our Time And Humanity With A Little Leisure Despite Our Constant Search For New Ways To Hack Our Bodies And Minds For Peak Performance, Human Beings Are Working Instead Of Less, Living Harder Not Smarter, And Becoming 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 Or Productivity Apps Celeste S Strategies Will Allow You To Regain Control Over Your Life And Break Your Addiction To False Efficiency You Ll Learn How To Increase Your Time Perception To Determine How Your Hours Are Being Spent, Invest In Quality Idle Time, And Focus On End Goals Instead Of Mean Goals 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

# Do Nothing

*How to Break Away from Overworking,  
Overdoing, and Underliving*



Celeste Headlee

National Bestselling Author of *We Need to Talk*

I've never considered myself to be obsessed with work or to be somebody who snubs idle time. However, I can also admit that I have absolutely used my busy-ness and lack of free time as a sort of humble brag. Look at me! I'm important enough to have every moment of my life spoken for. Should have asked me to hang out months ago.

*Do Nothing* takes a deep dive into humankind's relationship with work and our developed obsession with being busy. Headlee covers everything from the history of the 8-hour work day to how technology and social media are affecting our work and home lives. Which she backs up with an insane amount of science and research. *Do Nothing* is thoughtful, extremely well-researched and eye-opening. The best part was that Headlee is never preachy. She presents her findings in a very straightforward and clinical way. She acknowledges that the changes she suggests making are tough, like not checking email every second, but she offers insight on how she went about tackling some of the changes and admits when she had trouble sticking to her goals. It made it all seem relatable and doable. *Do Nothing* inspired me to delete my work email from my phone, to delete any apps that I hadn't used in the last month, to stop notifications on all but my essential apps and to take some leisure time. I would highly recommend *Do Nothing* for anybody, but especially if you're one of the following: if you've claimed to be too busy times than you can count, if you work more than 50 hours a week, if you have any sort of anxiety revolving around your productivity or lack thereof, or if you're just a rebel looking for a cause to fight that 12-hour work day. In fact, I've already told my workaholic boss that he'll be getting a copy as soon as it's released. I received a free e-copy of *Do Nothing* from NetGalley in exchange for an honest review.

*Do Nothing* is an excellent, well-researched interrogation on our culture's obsession with overwork and efficiency, and the ways it stifles creativity and actual productivity and leads to a lower quality of life. Headlee gives a great historical foundation and context for how American culture came to be so obsessed with work and busyness. She also cites study after study on how working longer hours actually leads to decreased productivity. More importantly, and perhaps surprisingly, she cites loads of research that shows how harmful this can be to our physical and mental health. It's not just about not having enough time to go to the gym after work; it's also about simply perceiving that you don't have enough time to go for a fifteen-minute coffee break without your phone. She also gives concrete solutions that are comprehensive than just taking a technology break, but acknowledges that the real solution is in a cultural shift. It's kind of depressing, but also she gives us historical precedent: Einstein and many other people we hail as geniuses only worked like four hours a day. Overall, an excellent read for 2020.

Quite interesting, I wish I only worked 40 hours a week and I don't even have children. Everyone should listen to this; it makes your brain's wheels turn. This was a title that grabbed my attention as I'm someone who has to always be doing something, even in my leisure time, whether it's hiking, reading, cooking or even a puzzle. So I wanted to learn on the concept of doing nothing. This book brings home the value of down time or leisure time and how it contributes to a healthier way of managing stress. It includes studies to back it up.

So instead of feeling guilty about that one chapter or just chillin , I will actually feel productive.

## New Post

Justice James Iredell

Dark Bargain: Slavery, Profits, and the Struggle for the Constitution

Race and the Supreme Court: Defining Equality

Justice for All: Earl Warren and the Nation He Made

Supreme Court Decisions

The Supreme Court in United States History: Volume Two, 1821-1855

John Jay: Founding Father

My Own Words

Fair Labor Lawyer: The Remarkable Life of New Deal Attorney and Supreme Court

Advocate Bessie Margolin

The Supreme Court in United States History: Volume Three: 1856-1918

Salmon P. Chase: A Biography

The Warren Court In Historical And Political Perspective

Newsworthy: The Supreme Court Battle over Privacy and Press Freedom

American Original: The Life and Constitution of Supreme Court Justice Antonin Scalia

The Warren Court and American Politics

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The Brethren: Inside the Supreme Court

My Beloved World

Becoming Justice Blackmun: Harry Blackmun's Supreme Court Journey

Justice Brennan: Liberal Champion

Scorpions: The Battles and Triumphs of FDR's Great Supreme Court Justices

Supreme Power: Franklin Roosevelt vs. the Supreme Court

Louis D. Brandeis

The Partisan: The Life of William Rehnquist

A People's History of the Supreme Court: The Men and Women Whose Cases and Decisions Have Shaped Our Constitution

The Great Dissent: How Oliver Wendell Holmes Changed His Mind--and Changed the History of Free Speech in America

Five Chiefs: A Supreme Court Memoir

The Supreme Court

The Supreme Court: A C-SPAN Book, Featuring the Justices in their Own Words

Gideon's Trumpet: How One Man, a Poor Prisoner, Took His Case to the Supreme Court-And Changed the Law of the United States

The Day Freedom Died: The Colfax Massacre, the Supreme Court and the Betrayal of Reconstruction

What Kind of Nation: Thomas Jefferson, John Marshall, and the Epic Struggle to Create a United States

David Hackett Souter: Traditional Republican on the Rehnquist Court

The Man Who Once Was Whizzer White: A Portrait Of Justice Byron R White

The Forgotten Memoir of John Knox: A Year in the Life of a Supreme Court Clerk in FDR's Washington

FDR and Chief Justice Hughes: The President, the Supreme Court, and the Epic Battle Over the New Deal

The Majesty of the Law: Reflections of a Supreme Court Justice

The Rehnquist Choice: The Untold Story of the Nixon Appointment That Redefined the Supreme Court

The Memoirs of Chief Justice Earl Warren

Sonia Sotomayor: The True American Dream

The Supreme Court in United States History: Volume One: 1789-1821

Justice James Iredell