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Rachel Hollis Reveals How 2020 Will

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psychology, neuroscience, organizational behaviour, sports medicine, sociology, and other fields over the last couple of decades.

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Pang argues that we can be more successful in all areas of our lives by recognizing the importance of rest: working better does not mean working more, it means working less and resting better. Treating rest as a passive activity secondary to work undermines our chances for a rewarding and meaningful

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better, too. "An incredibly timely read for  
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need to relax more if we actually want to  
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