



The Art of Doing Nothing: Simple Ways to Make Time for Yourself

By Veronique Vienne, Erica Lennard

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The Art of Doing Nothing
Simple Ways to Make Time for Yourself

A culture of overachievers, we make things happen--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. Véronique 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 sunset over the horizon. Without further ado--and without feeling guilty--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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Editorial Review

Amazon.com Review

Much more than merely a book about nothing, this is a concentrated guide to cultivating a sense of serenity. Simple living expert Sarah Ban Breathnach calls it a "charming prescription for harried hearts and overwrought minds" that's "filled with persuasive reminders that we do too much and live too little." From its bits of well-taken wisdom ("Learn to say, 'I don't know,'"), to tranquil seaside photos, to little lessons on how to meditate, procrastinate, even turn a bath or wine tasting into intensely spiritual experiences, *The Art of Doing Nothing* is bound to help even the most high-strung, PalmPilot-toting folks remember exactly how it feels to fully relax. --Erica Jorgensen

From the Inside Flap

The Art of Doing Nothing

Simple Ways to Make Time for Yourself

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From the Back Cover

"Feeling frazzled? Stop whatever you're doing and peruse, as needed, The Art of Doing Nothing, Véronique Vienne's charming Rx for harried hearts and overwrought minds. Sweet, seductive, and sassy, her winsome imagination and irresistible wisdom are persuasive reminders that we do too much and live too little."

--Sarah Ban Breathnach,
author of Simple Abundance

Users Review

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Markus Walker:

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