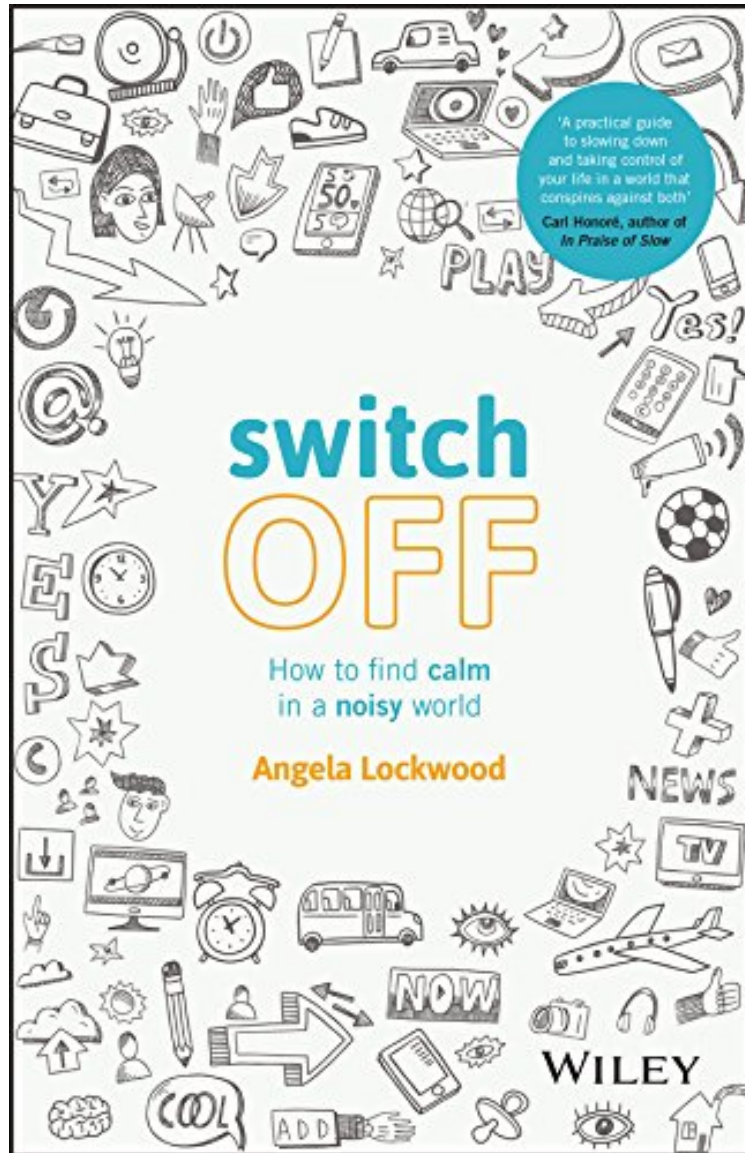


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Switch Off: How to Find Calm in a Noisy World

Angela Lockwood

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Angela Lockwood : Switch Off: How to Find Calm in a Noisy World before purchasing it in order to gage whether or not it would be worth my time, and all praised Switch Off: How to Find Calm in a Noisy World:

A modern-day guide to slowing down in a fast paced world. Switch Off shows you how to take that sorely-needed time-out. We all know about the benefits of slowing down and disconnecting: reduced stress, higher satisfaction, better performance, higher productivity, tighter focus, reduced depression and innumerable other positive health effects. The

big question is, "How?" When we're all stuck in a cycle of demands and pressure it feels hard to prioritise slowing down. How do we step back and find the time to take care of ourselves? This book shows you how to let go of the guilt, turn off the phone and step away to re-energise and re-focus. Whether you need a true vacation or just an uninterrupted cup of tea, you'll learn how to integrate the skills of slowing down into your life so you can do what you need, when you need it. Written by a health professional who has witnessed the impact of being constantly switched on both professionally and personally, this book gives you more than permission to disconnect; it gives you a real-world blueprint for taking the time that you need. This book shows you why it's so important to slow down, and how it actually is possible in what can be a pressured and overwhelming world. Choose how you use your time Stop feeling guilty for practising self-care Boost your energy and productivity levels Harness the power of perspective and focus Learn how to create an environment that supports your health and wellbeing From the executive needing time to contemplate big decisions, to the teenager closing their bedroom door to be alone, we all need time to disconnect. Switch Off shows you how to do just that, with expert guidance with you the whole way.

From the Back Cover "A practical guide to slowing down and taking control of your life in a world that conspires against both" —Carl Honore, author of *In Praise of Slow* Switch off, slow down and regain control of your life Have you ever felt as though everyone wants too much from you? Does your life feel so full there is no room to do the things you enjoy? Do you feel as though life at full throttle is consuming you? This book shows you how slowing down can actually facilitate career success and allow you to live the life you want to live, with energy in reserve. With Switch Off, you will learn to recognise when it's time to switch off, and discover practical ways to make that happen. This guide teaches you to: understand your own behaviours and triggers recognise when you're feeling overwhelmed and overstimulated build habits that help you flick the switch re-energise and refocus create an environment that supports your health. Switch Off helps you to see that, rather than being a luxury, slowing down is a necessity. About the Author Angela Lockwood is an occupational therapist, the founder of The Place for Health, a health education company helping people individually and in organisations to prioritise their own health and wellbeing, and the author of *The Power of Conscious Choice*. For more information, visit www.angelalockwood.com.au.