

Rachel Jonat

The Joy of Doing Nothing: A Real-Life Guide to Stepping Back, Slowing Down, and Creating a Simpler, Joy-Filled Life



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In The Joy of Doing Absolutely nothing you'Fight against busyness and celebrate the enjoyment to do nothing in this fresh guide that helps relieve stress and boost happiness in your life. You' Rachel Jonat shares basic strategies to assist you to stop overscheduling, find period for yourself, and create moments of calm each day. Il learn how to step aside from everything you think you need to do and figure out how to live a minimalist life. Il learn how to focus more about the important areas of life, such simply because friends and family, and scale back your schedule to create more time in your day to care for yourself.



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So disappointed! I am therefore disappointed in this fresh publication by Rachel Jonat. I really expected it to end up being as effective as her blog. I'd return it easily could but will instead pass it on to the library. I thought it would be more of a zen type strategy with minimalism thrown into the 'doing nothing at all'. It's just mental dribble and actually just uninteresting. Don't? waste your money. Great call to live life at an increased level by doing less! I've found that to be able to actually achieve a balanced existence with room for down time and doing nothing at all, we need consistent reminders of the benefits. Four Stars Good book filled with good ideas. However, it got a little bit redundant toward the end. Rachel Jonat has a beautiful spirit. A whole reserve containing. I experienced burnt out at my job every day and I was rendering it worse by constantly doing so many things. This book provides great encouragement to make time and energy to do nothing important.nothing. Don't read the evaluations, Rachell I implemented the practices and I can't get over just how much more energy I've.. This reserve changed my entire life and I am therefore grateful to the author for posting her wisdom. This amazing life changing book Such an amazing life changing book! Doing Nothing Contains Nothing This book reads just like a magazine article—except for the fact that it is not as well written.



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