



## Autopilot: The Art and Science of Doing Nothing

By Andrew Smart

Audible Studios on Brilliance, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Andrew Smart wants you to sit and do nothing much more often and he has the science to explain why. At every turn we re pushed to do more, faster, and more efficiently: That drumbeat resounds throughout our wage-slave society. Multitasking is not only a virtue, it s a necessity. Books such as Getting Things Done, The One Minute Manager, and The 7 Habits of Highly Effective People regularly top the best seller lists, and have spawned a considerable industry. But Andrew Smart argues that slackers may have the last laugh. The latest neuroscience shows that the culture of effectiveness is not only ineffective, it can be harmful to your well-being. He makes a compelling case backed by science that filling life with activity at work and at home actually hurts your brain. A survivor of corporate-mandated Six Sigma training to improve efficiency, Smart has channeled a self-described loathing of the time-management industry into a witty, informative, and wide-ranging audiobook that draws on the most recent research into brain power. Use it to explain to bosses, family, and friends...



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