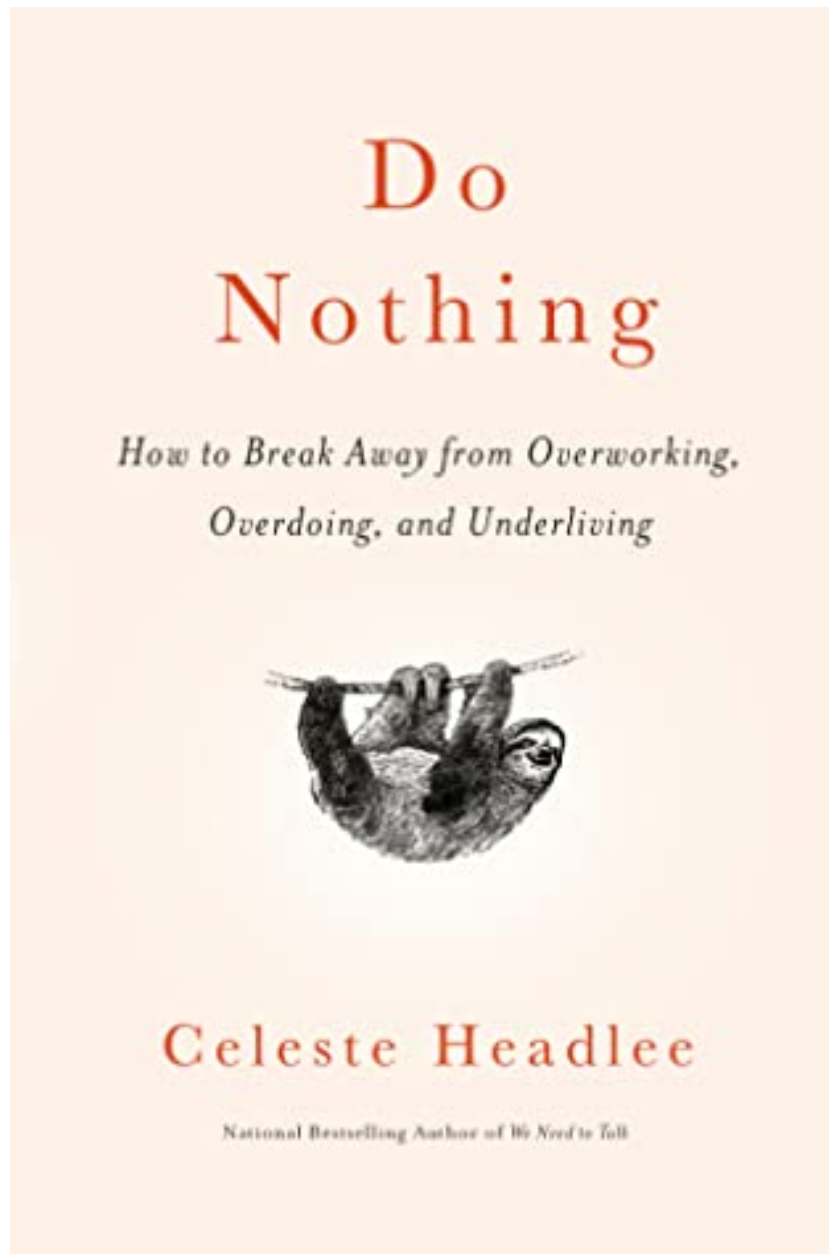


# Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving Book PDF Download



**By:**  
**Celeste Headlee**

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### Milan

Do Nothing by Celeste Headlee is surprisingly good. It is a well-researched investigation on our obsession with work and efficiency. She provided the historical context on how work evolved to what it is today and the ever increasing emphasis on productivity. The author searches for the motives that drive people to work more. The book discusses how evolution made us so that we work only for certain hours. We should be intentional about protecting out downtime. She asserts the importance of leisur

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### Yesenia Juarez

Quite interesting, I wish I only worked 40 hours a week and I don't even have children. Everyone should listen to this it makes your brains wheels turn.

## Truce

is an excellent, well-researched interrogation on our culture's obsession with overwork and efficiency, and the ways it stifles creativity and actual productivity and leads to a lower quality of life.

Headlee gives a great historical foundation and context for how American culture came to be so obsessed work and busyness. She also cites study after study on how working longer hours actually leads to decreased productivity. More importantly, and perhaps more surprising, she cites loads

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Headlee gives a great historical foundation and context for how American culture came to be so obsessed work and busyness. She also cites study after study on how working longer hours actually leads to decreased productivity. More importantly, and perhaps more surprising, she cites loads of research that shows how harmful this can be to our physical and mental health. It's not just about not having enough time to go to the gym after work – it's also about simply perceiving that you don't have enough time to go for a fifteen minute coffee break without your phone.

She also gives concrete solutions that are more comprehensive than just taking a technology break,

but acknowledges that the real solution is in a cultural shift. It's kind of depressing, but also she gives us historical precedent: Einstein and many other people we hail as geniuses only worked like four hours a day.

Overall an excellent read for 2020.

## Claudia Greening

"I always take notes in longhand now, but since I love trees, I don't use paper." (pg. 84)

This quote sums up the book for me. It felt so deeply out of touch with the lives of working class people (who make up a majority of the economy, including me). Headlee seemed to think she was offering something new to us when she wrote of setting aside time for leisure, investing in relationships outside of work, and analyzing our schedules to force freedom. But in reality, she is offering an age old argu

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Beyond this fundamental flaw in Headlee's argument, the book also has structural issues. What is a "life back," which is how Headlee labels chapters in the second half of the book? Why do we have to be introduced to the same expert multiple times (yes, Jared Yates Sexton is a professor at Georgia Southern, I remember from the last chapter!!)? Why do we have to be reminded that

Headlee realized she worked less than she thought dozens of times??

It is intensely agitating to read a book that insists that the reader doesn't know what is occurring in their own life. I would appreciate this book more if it took a more developed stand for or against something.

## Mehrsa

I had mixed feelings about this book. I agree with the message that we are overworked and that our culture is obsessed with the idea that our work is our worth (due to both puritanism and Capitalism), but the book is not all that reliable. Or rather, the data is too much and not enough. She draws from human evolution, the history of capitalism, a history of advertising, and social media analysis and a bunch of other places to prove the point that work does not make us happy. But it's ultimately

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