REST

THE UNIQUE UPSIDE OF TAKING DELIBERATE DOWNTIME

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Introduction

Do you get enough rest?

If you are like millions of other people across this country, then you don't. You don't get enough downtime, sleep, vacation, or whatever you want to call it - you don't get enough of it.

That is simply the reality of our modern times.

Between work and personal demands, many people struggle to get enough rest in their lives.

It's a problem too. If you work too much, you can suffer from burnout.

That's a nonmedical condition that's different for everyone. In general, it means you have no energy, mental focus, or ability to carry on normally.

You are mentally, emotionally, and physically exhausted to the point that simple actions are difficult, if not impossible.

That's why you need downtime.

If "all work and no play" can possibly wreak havoc on your mental, physical and emotional health, why do so many of us do it? We pay the price with burnout, wrecked relationships, and other negative results - all because we refuse to take a rest from the constant demands of our personal life.

>   **You need rest and downtime in all areas of your life to have the best possible experience.**

That's what this report can teach you. It defines what rest means and the incredible benefits it can deliver. You'll learn what happens if you don't get enough rest and relaxation. Then you'll take a quick look at the difference between rest and sleep and how these activities are closely related.

The bulk of this e-book will focus on five major areas of your life that regular rest can greatly improve. It will illustrate why rest is important and share tips on how to benefit from more rest in each of these areas.

Let's begin maximizing your wellness and minimizing stress by first defining what rest means.