



The Art of Doing Nothing: Simple Ways to Make Time for Yourself

Veronique Vienne , Erica Lennard

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A culture of overachievers, we make things happen — and happen fast. While rushing along, though, the days seem to get shorter and shorter. If only time would hold still, just a little bit, to let us savor life's simplest moments. . . . "The Art of Doing Nothing" will help to ease these beat-the-clock jitters. The stress-reducing techniques described here require no time, no skill, no commitment. A practical guide to rest and relaxation, it ushers us into a world where "being" is more compelling than "doing."

Beautifully illustrated with Erica Lennard's photographs, "The Art of Doing Nothing" gives us permission to celebrate idleness in all its mesmerizing forms. Veronique Vienne's delightfully informative essays on the art of breathing, meditating, bathing, listening, waiting, and more offer useful tips on such skills as how to whistle, stay in the moment, take a nap, cure a cold, or watch the sun set over the horizon. Without further ado — and without feeling guilty — we learn to unwind, exhale, and, yes, stop and smell the roses.

Like Ira Gershwin, you will be delighted to discover that you've got plenty of nothin', and that nothin's plenty for you.

The Art of Doing Nothing: Simple Ways to Make Time for Yourself Details

Date : Published August 25th 1998 by Potter Style

ISBN : 9780609600740

Author : Veronique Vienne , Erica Lennard

Format : Hardcover 96 pages

Genre : Nonfiction, Self Help, Spirituality, Health



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Jenn says

I read this book while on vacation in Hope Valley, CA. I liked that each chapter was short and focused on one thing (breathing, yawning, napping, waiting...) It was a perfect read for the hammocks at the Sierra resort we were staying. I especially liked the chapter on waiting because it gave me a present mindfulness and helped me enjoy our vacation. After reading it, I went back and looked at the pictures, taking the time to take each one in and reflect on them. It stretched out my evening adding to my relaxation even more. I was thankful that this was in our cabin.

Marie says

It is when we accept that we can't meditate that meditation starts to work. In this vulnerable state, we are ready to be enlightened."

"Prepare for a spiritual change through meditation, breathing, listening and waiting."

Kivrin Engle says

I first read this book a few years ago, while staying in a summer resort cabin. Each of the cabins had a copy. At the time, I remember enjoying it and perhaps even doing one or two of the relaxation exercises. It had been a long time since I read it, so I picked it up during a recent library book sale. It may be the changes I've been through since first reading it, but I wasn't inspired at all by it this time around. It's a very simplistic book, really. It could be a series of articles for a "women's magazine". Nonetheless, if you are a busy, busy person, and you find yourself on vacation, and this book is in your hotel, or cabin, do take an hour to breeze through it. I think I'll take it to my mother's summer cottage later on this summer and leave it on the coffee table. It will be perfect there.

Kelly says

"A mysterious reflex, yawning seems to be connected with health: people who are acutely ill or severely psychotic hardly ever feel the need to wrench their faces open."

"Make believe it's Friday afternoon- just for a few minutes."

"Make room for mystery."

"The precious minutes, hours, or days we invest anticipating an event - the return of a friend, the birth of a

child, the purchase of a house, the last chapter of a book - make everything more memorable. Take the time to wait. In doing so you are manufacturing the stuff of your souvenirs. Dwell in the present tense. Give your future self a past to remember."

Watch a sunset as the earth rising.

To be enlightened is to know oneself and not run away.

Ben McC says

The topics covered in this book are often explained in fairly simplistic terms, and once in a while a little too much new-age silliness is tossed in. However, I would recommend that everyone read this book if only for the section on the art of napping. I read this book when I was 15 and in all honesty, the art of napping is something that I have used in my life, almost daily, ever since.

Phair says

Given by a friend. Really enjoyed this quickly read little book. Very sensible advice on relaxation, meditation and being in the moment. Good hints and instruction for practical application as well as more philosophical and scientific discourse, Some nice humor, too. Just what I needed as mid winter takes its toll on my psyche.

Deborah says

Doing nothing means taking care of yourself. No guilt, just simply being.

Katie R. Herring says

When I first picked this up I thought: 'is this book for real?' But I got it anyway, as it amounted to being less than 25 cents.

This is a simple book for people who want to make their lives more simple. I am one of those people. In all honesty, stress and anxiety hit me more than it should. I try, I really do. This book was a push to try harder.

I'm going to try and get into yoga when I get back to school, and swim regularly. Exercise is always recommended (confirmed in this book) and is something 'easy' to start.

I'm glad I picked this up-- hopefully I do what I say I will-- Lord knows I need to.

Stephanie says

My psychiatrist told me to read this book. I used it to pass the time on a two hour plane flight, and while I thought it was pleasant enough reading material I also found it a bit cutesy?

However, I've been finding that the ideas in this book have stuck with me. I've been living in the moment a bit more than I've been wont to do. This book doesn't posit a carpe diem approach to life in the way, say, movies would have you go about it. No admonitions here claiming you should go bungee jumping or you're clearly an office drone wasting your life. Instead, living in the moment is reduced (or elevated!) to much simpler ideas; letting yourself contemplate a river going back, enjoying the peace and quiet of a nap, really tasting food as you eat it. Since reading this book I have been finding myself going about life a bit slower, and enjoying life more. Really, this book is about giving yourself a break. It sounds like the easiest thing in the world, but it often proves to be one of the most difficult.

So yeah. My counselor was right.

Aubrey P says

Cute quick read with great reminders to slow down

Samar Hankir says

I have finally found the book of my dreams! "The art of doing nothing" is amazing, I love everything about it, how it has ideas, and fun ways to do things such as the whistling 101, it's fun to read and keeps your soul entertained with the all of the beautiful pictures. Honestly I think that if I'd ever have another favorite book it would be by Veronique Vienne and Erica Lennard, they did a wonderful job by just publishing "The art of doing nothing".

Cathy says

A rather unique little book. Not a book to rush through. It's one to reflect on what you've read and then put into practice. "Doing nothing doesn't mean being inactive, it means doing something that doesn't have a name. Practice doing "nothing," whether you are busy in the kitchen, talking on the phone, or running late for an appointment. You can make time for yourself by uncluttering your mind." The author gives 10 stress-reducing techniques to savor life's simplest moments. She calls them "the art of" procrastinating, breathing, meditating, lounging, yawning, napping, bathing, tasting, listening, and waiting. Enjoy!

Lauren says

I love this book. If Marie Kondo was born a French woman, she would've written this book. It subtly connects zen techniques with Parisian influence. The author is presenting advice, yet it feels like you are reading soft, flowing poetry as she introduces concepts that are so simple along side beautiful photography. One of my favorites!

Madonna Analla says

This book calmed me down a lot and helped me appreciate the slow, simple way of moving through my day. It also gave me permission to lounge for a long time and procrastinate. Which I normally do but now I don't have the guilt associated with it. It also helped be more mindful while doing things like eating, drinking, showering, waiting. It is a quick read and one that I keep handy to review when things get hectic and I get stressed. It helps me refocus.

Marci Stone says

This is an inspirational book about growing up, taking responsibility and living life to the fullest. It includes beautiful photographs, and descriptions about beginning your life, changing your life, choosing your life and knowing who you are and who you want to become. This would make a great gift.
