THE IMPORTANCE OF DOING NOTHING

By MANFRED KEKS DE VIESS

“Learning without reflection is as dangerous as doing nothing.” — Confucius

“The more I’m doing, the less I’m getting done.” — Cicero

Learning to do nothing is an integral part of our mental dexterity. It’s the art of not being busy and of letting one’s mind reach out into the realms of the unconscious. Trying to conduct your life without moments of stillness is a bit like flying without any air pockets toنسدح، which is not an option.

We need meaningful contact with people to

To make Time

3 WAYS TO MAKE TIME FOR NOTHING

By GIVING THE BRAIN ‘DOWNTIME’ WE CAN IMPROVE MENTAL HEALTH AND ALLOW IDEAS TO INCUBATE.

MINDFULNESS AND MEDITATION

The Insidious Development of the Manic Defender

BUSINESS VS PRODUCTIVE OCCUPATION

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3 WAYS TO MAKE TIME FOR NOTHING

SLEEP

Sleeping habits are proof we haven’t

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MANAGING SLEEP HABITS

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WORKPLACE

Unfortunately, in contemporary organis-

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