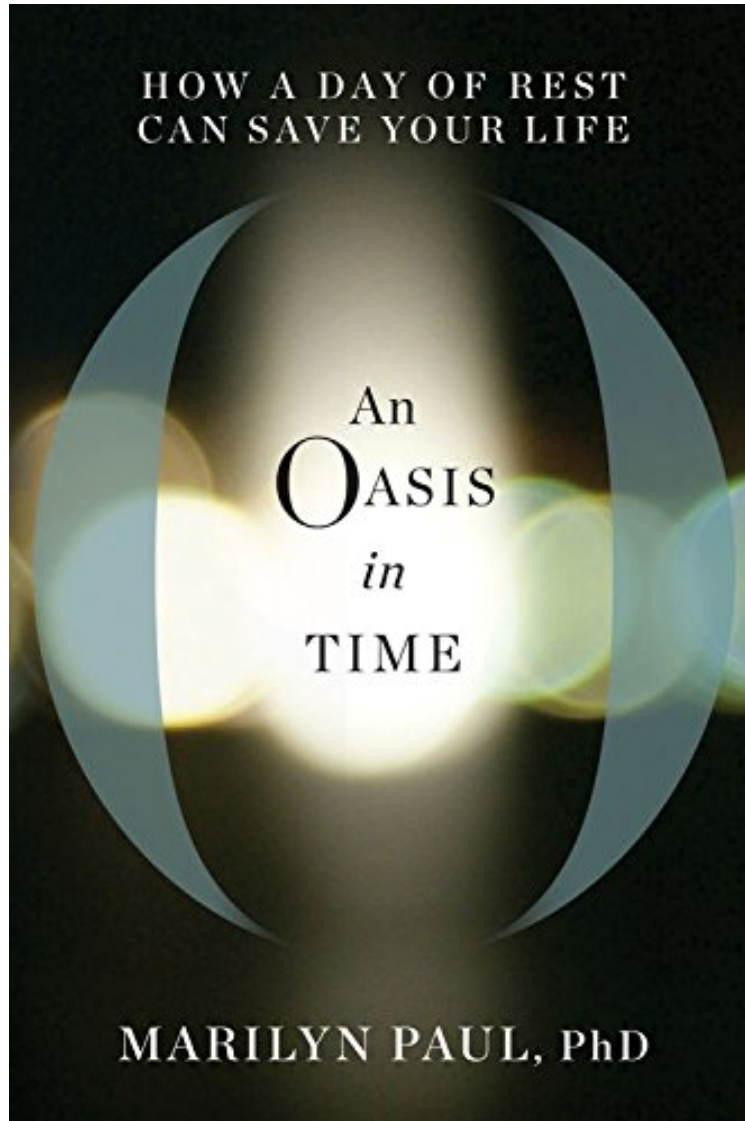


[Free pdf] An Oasis in Time: How a Day of Rest Can Save Your Life

An Oasis in Time: How a Day of Rest Can Save Your Life

Marilyn Paul

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Marilyn Paul : An Oasis in Time: How a Day of Rest Can Save Your Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised An Oasis in Time: How a Day of Rest Can Save Your Life:

0 of 0 people found the following review helpful. The book is appropriate for both novice and veteran balance-seekers and I recommend it wholeheartedly for anyone who cares about preserving their ...By J. Cohen, PhD Public Policy; An Oasis in Time; about the power of balance in one's life (drawing on both the personal and professional), does a solid job of reflecting its core theme. The book combines solid academic research with popular and accessible stories, and swings back and forth between doing (suggestions for simple and practical exercises) and being (theoretical grounding for an approach, that while not new, is completely relevant in today's circus of a

world). The book is appropriate for both novice and veteran balance-seekers and I recommend it wholeheartedly for anyone who cares about preserving their own well-being, without any sense of sacrifice or overly-dramatic change in lifestyle. This book met me at the perfect oasis in time; thank you Marilyn Paul. 0 of 0 people found the following review helpful. Slow down yours;re moving too fast By Jill Bemis Get started, put it into practice, and take back your time means taking control and carving out relaxation time. The author presents information in an easy to understand language. Readers can implement activities at little or no cost. Appendixes include tips, a guide, samples, rest from a Christian viewpoint, and additional resources. For books lovers, reading the book may be a form of relaxation in itself. Goodreads Giveaway randomly chose me to receive this book. Although encouraged, I was under no obligation to write a review. The opinions I have expressed are my own. 0 of 0 people found the following review helpful. Five Stars By Adam B. What an amazing book, with real-world application, and a message the world desperately needs.

There is a surprising way out of the frenzy, that always-being-behind feeling, and the endless to-do list. Now more than ever, people are seeking a reprieve from the constant pressure to achieve, produce, and consume. While many turn to sporadic bouts of mindfulness and meditation, organizational change specialist Marilyn Paul offers a complementary solution that is as radical as it is ancient. In her new book *An Oasis in Time*, Paul focuses on the profound benefits of taking a modern-day Sabbath each week for deep rest and nourishing renewal. The energy, perspective, creativity, sense of well-being, and yes, increased productivity that ensue are lifesaving. Drawing on Sabbath tradition, contemporary research, and interviews with scores of busy people, Paul shows that it is possible to introduce these practices regardless of your religious beliefs. Starting with just an hour or two, you can carve out the time from your packed schedule, design your weekly oasis experience, and most importantly, change your mind-set so you can enjoy the pleasure of regularly slowing down and savoring life every week. From surrounding yourself with nature to practicing rituals for beginning and ending oasis time to implementing strategies for connecting with friends and family, self, and source, you will discover practical ways to step off the treadmill and into timeless refreshment on your way to a calmer, richer, more fulfilling life.

"If we don't refuel, we run on empty. Marilyn Paul explores the power of respite and restoration well-known in the ancient traditions of the world and confirmed by modern neuroscience with heart, soul, and many practical suggestions. A distinctive and extremely useful book." Rick Hanson, Ph.D, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* "At a time when many of us feel too busy to breathe, that our work is never done, and that the exhausting 'everydayathon' of modern life will never stop, Marilyn Paul's gentle and thoughtful *An Oasis in Time* shows there is a way out: taking dedicated time to pause weekly. Paul gives both practical guidelines on how to plan for regular time off, and shows how starting small, slowing down and keeping it simple can reconnect us with what's most important and help us reclaim our souls." Brigid Schulte, author of the New York Times bestseller *Overwhelmed: Work, Love, Play when No One has the Time* and director of The Better Life Lab at New America "Is there any human tradition more beautiful and enduring than the sabbath? In this engaging and thoughtful book, Marilyn Paul explains why this ancient practice is in the midst of a revival and how it can transform your life. In a breathless, screen-driven world, everyone needs an oasis in time this is your guidebook." William Powers, New York Times bestselling author of *Hamlet's Blackberry: Building a Good Life in the Digital Age* "We all know it's a good idea to take a break from work, but how many of us actually do it? The practical advice in Marilyn Paul's new book is precisely what we need to close the gap between what we know we should do, and what we actually do. The proof? It's Friday evening and I'm turning off my computer for the weekend." Peter Bregman, bestselling author of *18 Minutes: Find Your Focus, Master Distraction, and Get The Right Things Done* "Too often an oasis seems an unattainable mirage. Marilyn offers wise, practical steps to finding and protecting your own place of healing, peace, and renewed connection with ourselves and those we love. An invaluable voice for survival in today's 24/7 hyper-connected world." Sheila Heen, New York Times bestselling author of *Difficult Conversations* "Marilyn Paul makes a compelling case that an ancient ritual can vastly improve your quality of life in a hectic modern world. I'm convinced!" Cal Newport, author of *Deep Work* About the Author Marilyn Paul, MBA, PhD, is a coach, author, speaker, and senior consultant with Bridgeway Partners, an organizational consulting group based in Boston. Marilyn and her work have been featured in USA Today, The Boston Globe, The Chicago Tribune, and Yoga Journal. Vanessa Daniels has worked as a professional actress in theater, film, TV, commercials, and voice-over for almost two decades. She holds a BFA in drama from New York University and is a member of SAG-AFTRA and Actors' Equity Association.