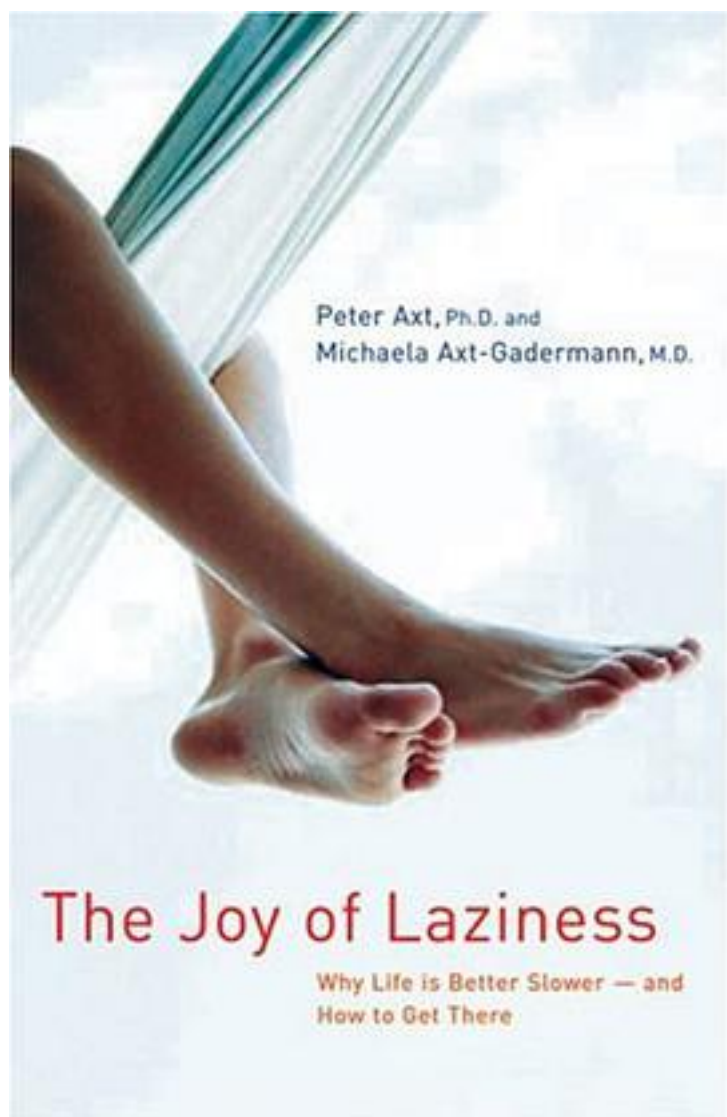


The Joy of Laziness



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著者:Axt, Peter/ Axt-Gadermann, Michaela

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Drawing on both scientific and anecdotal sources, the authors of The Joy of Laziness argue that the much-admired Type A lifestyle of intense exercise, frantic activity, and overwork is detrimental to health and long life. Every human being has a limited amount of life energy, they say, and the speed with which it is consumed determines the lifespan. Citing the scientifically recognized Metabolic Theory, the book explains how being "lazy" — being calm, eating temperately, reducing or avoiding sports, exercising moderately, and limiting ambition — can boost the immune system and increase longevity. Included are energy-saving suggestions about eating, working, and exercising; quizzes to determine stress level, life energy, and physical well-being; and valuable tips, charts, and advice on this controversial idea.

作者介绍:

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