

On Doing Nothing



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著者:Roman Muradov

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In an age of obsessive productivity and stress, this illustrated ode to idleness invites readers to explore the pleasures and possibilities of slowing down. Beloved author and illustrator Roman Muradov weaves together the words and stories of artists, writers, philosophers, and eccentrics who have pursued inspiration by doing less. He reveals that doing nothing is both easily achievable and absolutely essential to leading an enjoyable and creative life. Cultivating idleness can be as simple as taking a long walk without a destination or embracing chance in the creative process. Peppered with playful illustrations, this handsome volume is a refreshing and thought-provoking read.

作者介绍:

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