

[Ebook pdf] The Off Switch: Leave on time, relax your mind but still get more done

## The Off Switch: Leave on time, relax your mind but still get more done

Mark Cropley

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**Mark Cropley : The Off Switch: Leave on time, relax your mind but still get more done** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Off Switch: Leave on time, relax your mind but still get more done:

1 of 1 people found the following review helpful. I work a great deal. The Off Switch helped me to develop ...By Irvin

Schonfeld I work a great deal. The Off Switch helped me to develop ways to cut down on the work I do on weekends and evenings. I have made a conscious effort to spend with friends some of the extra time I earned. I have been very much enjoying the time I spend with friends, which is part of that "off switch" Dr. Cropley writes about. The book is of great practical value for those of us who spend a great deal of time thinking about work. I highly recommend the book. 1 of 1 people found the following review helpful. A must read for hard working professionals. By Jason Devereux. The Off Switch is a thought provoking aid to discover an "Unwinding ritual" that enables us to perform at our best and avoid health problems. It seems 1 in 3 of the workforce currently have an unhealthy unwinding ritual. The clearly explained recommendations for unwinding and the 7 tips for switching off after work are backed up with the latest research and interesting case studies. I highly recommend Mark Cropley's book for every hardworking professional who wishes to perform better.

'At a time when we are paying a heavy price for the collective delusion that being plugged in 24/7 is an express elevator to the top, The Off Switch reminds us that there is an alternative. Mark Cropley shows that intentionally switching off from work is not only essential for our well-being, it also allows for the unwinding and renewal that help us perform at our best when we switch back on.' Arianna Huffington. Work better not longer. Learn how to be more productive by switching off from work in the evenings, worrying less and facing the new working day fresh, full of energy and ambition. Work is a big part of our lives, but it's easier than ever to let it take over. Laptops, tablets and smartphones that are supposed to free us from the office actually bind us to it. If you've ever felt stressed as you checked your work email in the evenings, or found yourself unable to sleep worrying about tomorrow's meeting, then this is the book for you! Learning to flick THE OFF-SWITCH when you leave work is essential; not only for your sanity but also for your job. If you can learn to relax and rest effectively when you're not at work, you can then get more done when you're in the office. It's a win-win solution! In this unique book, Professor Mark Cropley, a world expert in how we recover from the working day, blends engaging real-life case studies, clinical expertise and evidence-based techniques to provide a complete guide for how to switch off better; get more enjoyment from your free time, and still get more done.

About the Author. Mark Cropley is a Professor of Health Psychology at the University of Surrey and a global expert in how people unwind and recover from work. He organised the first ever international academic conferences on recovery from work, and has consulted on this topic across major corporations, the Metropolitan Police, the NHS and various primary and secondary schools. His work has attracted widespread attention across the media.