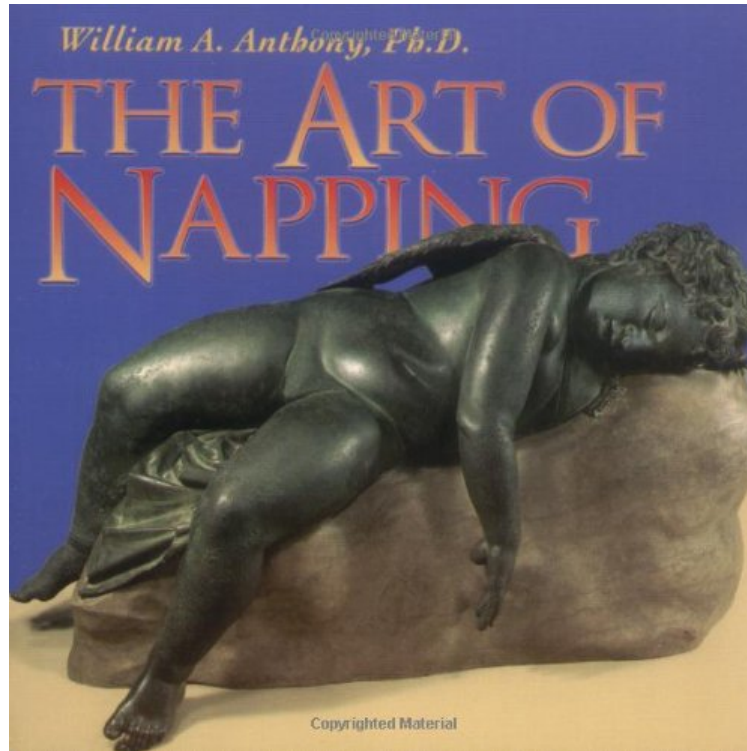


(Download free pdf) The Art of Napping

## The Art of Napping

William Anthony

*\*Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#163937 in Books 1997-04-22 Original language: English PDF # 1 6.16 x .28 x 6.091, .24 #File Name: 0943914825112 pages | File size: 61.Mb

**William Anthony : The Art of Napping** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Napping:

0 of 0 people found the following review helpful. Love this Book By J.T. This book is hysterical - a great read if you are a napper and a great gift for those who love napping! 3 of 3 people found the following review helpful. Art of Napping Pleasant Book By Miss Dickens This is an enjoyable little book that gives good reasons for napping. Not as informative on the actual physiological issues concerning napping. 6 of 6 people found the following review helpful. Excellent handy guide for the time-pressed, over-achieving generation! By Lee Say Keng Instinctively, I picked up these two small but wonderful books while browsing the local bookstores during one weekend: 1. The Art of Doing Nothing: Simple Ways to Make Time for Yourself, by Veronique Vieene; 2. The Art of Napping, by William Anthony; Ever since I have read Jeff Davidson's Breathing Space: Living Working @ a Comfortable Space in a Sped Up Society, many years ago, I have always valued - benefitted tremendously from - the power of time-out. In a world where the future is hurtling at breakneck speed with hurricane-force changes, all of us must learn to do some time-outs! Donald Mitchell's earlier review of the first book sums up very much my personal sentiments about the first book. As for the second book, which is also equally lighthearted humorously illustrated, I find myself amused entertained by the author's introduction to a naphobic culture. In a nutshell, these are his fun stuff:- profiles in napping (stories of legendary nappers, including JFK, Winston Churchill, Thomas Edison, Napoleon Bonaparte, Bill Clinton, Ronald Reagan!);- napping strategies (notice to advanced levels);- nap management (getting the most from

your naps);- the future of napping;In some way, this book reinforces the chapter on 'The Art of Napping' in the first book. While the first book is beautifully illustrated by the co-author's photographs, the second book has several funny bone-tickling cartoons.To sum up my review, I want to say that these two books (plus, Jeff Davidson's book)are excellent handy guides for the time-pressed, over-achieving generation.

Are you a napper? A closet napper? Napaphobic?