



# **Pause: Tue weniger, erreiche mehr (German Edition)**

*Alex Soojung-Kim Pang*

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Die faszinierende Wissenschaft der Pause.

Albert Einstein kannte sie, Charles Darwin und auch Thomas Mann: die Kunst, Pausen richtig zu nutzen! Denn alle drei arbeiteten täglich nicht länger als vier bis sechs Stunden und leisteten doch Herausragendes auf ihren jeweiligen Gebieten. Anhand dieser und vieler weiterer historischer Beispiele sowie aktueller Ergebnisse aus verschiedenen wissenschaftlichen Disziplinen weist der bekannte als Gastwissenschaftler an der Stanford University tätige Autor Alex Pang eindrucksvoll nach: Pausen sind ein wichtiger Bestandteil des Arbeitsprozesses, die richtig genutzt kreativer und produktiver machen. Sie sind keineswegs bloße „Ruhezeiten“, in denen alle Zeichen auf Pause stehen, sondern unbedingt notwendig für das Gehirn, um Informationen zu verarbeiten, einzuordnen und neue Zusammenhänge herzustellen. Wie Pausen zu wahren Krafttankstellen werden, die uns zutiefst erfrischen und unsere Kreativität in Hochform bringen, zeigt uns Alex Pang am Beispiel vieler unterschiedlicher Formen: Nickerchen, Morgen-Routinen, Zeiten des spielerischen Zeitvertreibs, körperliche Betätigung, Sabbaticals und viele andere mehr. Mit bahnbrechenden Ideen und vielen praktischen Tipps lädt die faszinierende Wissenschaft der Pause dazu ein, durch weniger mehr zu erreichen.

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