

Chapter 1 : The Joy of Laziness

Not according to The Joy of Laziness. Every day we are bombarded with countless demands on our energy, hurry, frustration, sleep deprivation, poor nutrition, work stress and so on. To feel good we engage in intensive fitness programs, competitive sports and radical diets.

What is the key to a long and healthy life? Put forward in the book, *The Joy of Laziness - How to Slow Down and Live Longer*, the message has raised eyebrows among experts studying the science of ageing. At best, they say, the book is a muddled collection of grains of truth that oversimplify what scientists understand about the complex process of ageing. At worst it is dangerous, giving those already living life in the bus lane a handy justification to do little to keep themselves healthy. *The Joy of Laziness* has been written by a German father and daughter team. Peter Axt, say the publishers, is a former health sciences expert at Fulda University near Frankfurt, and Michaela Axt-Gadernann, is a practising dermatologist. The book begins with an explanation that we are all born with a limited amount of "life energy". If we use it all up quickly - by exercising and getting stressed out - we will die early. The authors illustrate their ideas on "life energy" by looking at how much longer wild animals live if kept in captivity. Arctic polar bears may last only 20 years in the wild, but 40 in captivity. It is well known that lazy animals have the longest life expectancy," says Dr Axt-Gadernann who adds that priests, nuns, monks and artists also have long lives. But the idea of "life energy" is seriously flawed, says Brian Merry, an expert on ageing at Liverpool University. Putting an animal in a zoo has no effect on how quick it ages, he says. Put it in an aviary and it might last up to 12 years. Physical exertion increases the production of free radicals - an extremely reactive form of oxygen - that damage our bodies and so speed up ageing. But while free radicals are certainly suspected of playing a major role in the ageing process, exercising is not believed to speed ageing because of how the body responds when we are physically active. It depends on the individual. Some scientists suggest that over-exercising can also weaken the immune system. Having warned of the dangers of doing too much exercise, the book outlines how staying calm is essential for a longer life. By avoiding stress - and what better way to do that than by lying in, or sitting around and doing nothing - levels of stress hormones such as cortisol will be kept to a minimum, the authors say. Cortisol certainly can have health effects, suppressing the immune system and possibly damaging certain types of cells in the brain, but most of these effects are believed to become a problem only when a person is stressed for a long time, rather than in brief bursts. And not without good reason. Laughing, they say, releases the feel-good chemical serotonin which makes us feel happy and relaxed. Axt-Gadernann says there are three things we need to do to ensure a longer life. Second, get enough sleep. And third, eat less or fast for two days a month, as cutting down on calories "is the most effective way to prolong your life and avoid illness," she says. According to Kirkwood, the main problem with *The Joy of Laziness* might be the message people take from it. Anything that undermines the well-informed message about the benefits of exercise is potentially very damaging because it provides an excuse.

Chapter 2 : blog.quintoapp.com | *The Joy of Laziness*, Michaela Axt-Gadernann | | Boeken

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.

Chapter 3 : *The Joy of Laziness* - Livros na Amazon Brasil-

"Laziness should not be to the extreme and work is an important part of life, but recreation and relaxation should not be underestimated." The Joy of Laziness, which is published tomorrow, will be essential reading for Dan Kieran, the year-old deputy editor of The Idler, a literary magazine.

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Chapter 5 : Long live couch potatoes! | Science | The Guardian

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Chapter 6 : The Joy Of Laziness Stock Photos & The Joy Of Laziness Stock Images - Alamy

This surprise bestseller in Germany will change work and play habits -- and lives. It contradicts much popular thinking about how to lead a long, healthy and happy life, and it does so based on scientifically grounded arguments and research which shows that the key to good health, success and longevity is the CONSERVATION of life energy.

Chapter 7 : The Joy of Laziness: How to Slow Down and Live Longer

The Joy of Laziness by Peter Axt, Michaela Axt-Gadermann starting at \$ The Joy of Laziness has 1 available editions to buy at Alibris.

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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.

Chapter 9 : The Joy of Laziness: Why Life Is Better Slower -- and How to Get There by Peter Axt | LibraryT

In many ways, The Joy of Laziness is a revolutionary book. While the title does its bit to grab your attention from the corner of a book-rack in a store, the first few lines of the authors' introduction prod you to read further.