

It's Hard Work to Be Lazy: The Upside of Rewarding Work

In our fast-paced, always-on culture, it's easy to get caught up in the hustle and grind. We're constantly striving to achieve more, do more, and be more. But what if the key to a happy and successful life is actually to find work that you love?

In his new book, *It's Hard Work to Be Lazy*, Eric Barker argues that the key to a happy and successful life is to find work that you love. He draws on the latest research in psychology, economics, and neuroscience to show that people who are passionate about their work are more likely to be productive, creative, and fulfilled.



It's Hard Work to be Lazy : 26 Keys for unlocking your laziness potential by Manjit Gauba

★★★★★ 5 out of 5

Language	: English
File size	: 8864 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 118 pages
Lending	: Enabled
Screen Reader	: Supported



Barker also provides practical tips for finding work that you love, and for creating a work environment that supports your well-being. He shows how

to:

- Identify your passions and interests
- Find a career that aligns with your values
- Create a work environment that is supportive and motivating
- Set goals that are challenging but achievable
- Find a mentor or role model who can inspire you

It's Hard Work to Be Lazy is a must-read for anyone who wants to find work that they love and live a more fulfilling life. Barker provides a wealth of practical advice and inspiration, and he shows how the upside of rewarding work is worth the effort.

Praise for It's Hard Work to Be Lazy

"It's Hard Work to Be Lazy is a timely and important book. In a world where we're constantly being told to hustle and grind, Barker shows us that the key to a happy and successful life is actually to find work that we love. He provides a wealth of practical advice and inspiration, and he shows how the upside of rewarding work is worth the effort."

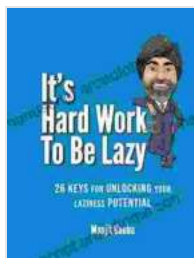
-Gretchen Rubin, author of The Happiness Project

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-Daniel H. Pink, author of Drive and When

About the Author

Eric Barker is a writer and speaker who specializes in happiness, success, and motivation. He is the author of the popular blog Barking Up the Wrong Tree, which has been read by over 20 million people. Barker has also written for The New York Times, The Wall Street Journal, and The Atlantic.



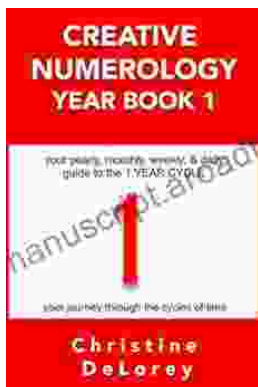
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