



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

*Mark Cropley*

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

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'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.

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