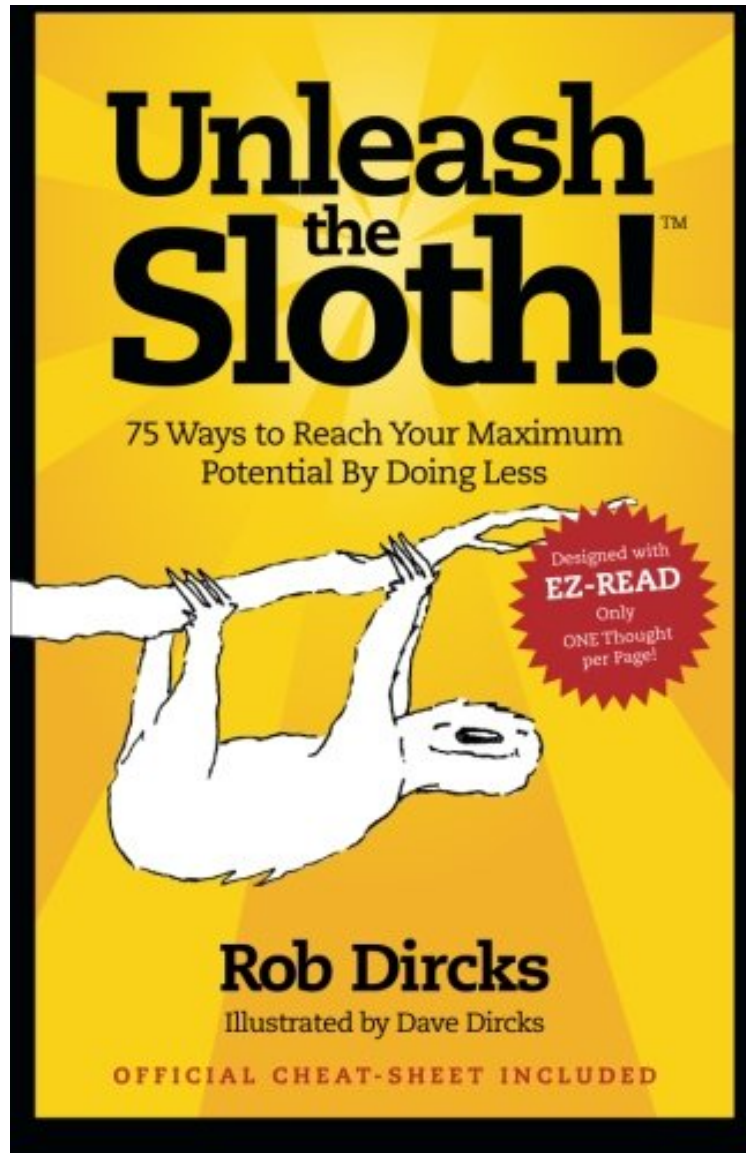


# Unleash The Sloth! 75 Ways to Reach Your Maximum Potential By Doing Less

*Rob Dircks*

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**Rob Dircks : Unleash The Sloth! 75 Ways to Reach Your Maximum Potential By Doing Less** before purchasing it in order to gage whether or not it would be worth my time, and all praised Unleash The Sloth! 75 Ways to Reach Your Maximum Potential By Doing Less:

0 of 0 people found the following review helpful. Best self-help book EVER!By MaddoxSo true, this is the self-help book I always wanted! I absolutely love it and think it deserves a place of honor on every sloth's nightstand. Of course I love sloths, but from afar. They should not be abused by being kept as pet animals. Still, we can learn a lot from them as they are the way evolution chose for the more introvert, solitary beings that avoid competition and display an overall "I don't give a crap" attitude. The highly appealing basic concept of the book is to avoid doing things you don't want to do and instead do more of what you really like. For instance, I hate exercising. The sloth concept made me see that exercising can actually kill me. Those treadmills are crazy gadgets from hell which could easily smash me against a wall. Sitting in my recliner and binge reading, two activities I really enjoy, especially in this combination, will not kill me. And are way more fun. I can't read on a treadmill because of my inclination to motion sickness. Case closed. Of course I wouldn't want to follow all the suggestions, like sleeping in my clothes or eating with my fingers, but there is still enough to pick from. My absolute favorite is Way # 61, get old. It's the only thing I know about that happens absolutely by itself and without my involvement. Okay, not the only thing. Kicking the bucket is another example. But being old (and hard of hearing, at least in my case) is the perfect way of life for me. I always hated being young since everyone expected me to go out and become active. Luckily, I am allergic to people and hectic. Allergies are another great way to avoid things you don't want to do, the more dramatic the results the better. (Just my two cents.) Unfortunately, the link to "Adopt a sloth" and other offers doesn't work. Or maybe it does work, just not in the way it is supposed to because it redirects you to advertisements. For my fellow sloths in human form I'd like to add a special treat: Go to YouTube and key in "Sloth TV" or "Sloth Sunday". Name of the channel is Toucan Rescue Ranch. There you can watch sloths and their exciting activities. Sometimes they don't do anything but sleep for hours. Watching them is so incredibly calming that the Dalai Lama himself would quit meditating and start watching Sloth TV for the effect it has on the brain waves or something. I always wondered what people meant when they used terms (or cliches) like "Who I really am" or "My true self" or "Inner being". After I read this book I've come to understand that my Inner Being is a sloth. Therefore, reading this book (or the list at the end) leads to spiritual enlightenment as it awakens your ... and so on. 3 of 3 people found the following review helpful. pretty goodBy bohunkHere I am about to retire. Had I read this 40 years ago I would have retired then. I worked too hard and long to get no where and I could have gotten here doing nothing. Lrnd sm thngs frm th bk. bttr us th wys nw. Njyd th bk. fnyy. Cyltr. 6 of 6 people found the following review helpful. I Am Now Officially A Sloth!By Jon FishlowI read this book on a recent flight to California. Not only did it help pass the time, it was truly hysterical! As I read it, my constant chuckling seemed to be bothering the woman seated next to me. I immediately put my lessons to good use. In true sloth fashion, I did not move when she needed to visit the restroom. I made her climb over me!

Reach your potential. No workouts required. It's the self-help book you've always wanted, or the perfect gift for the "sloth" in your life. The book that says you're fine just the way you are - and that you could probably get away with doing even less.

About the AuthorRob Dircks is a serial entrepreneur - owning an advertising agency, writing screenplays, producing and selling stock video, developing iPhone apps, and more. After years of reading self-help and productivity books, Rob realized something was missing: a book that understands - no, embraces - our limitations, and lets everyone know that they're just fine the way they are. (And in fact, can probably get away with doing even less.) Rob lives in New York with his wife Kellie and two kids.