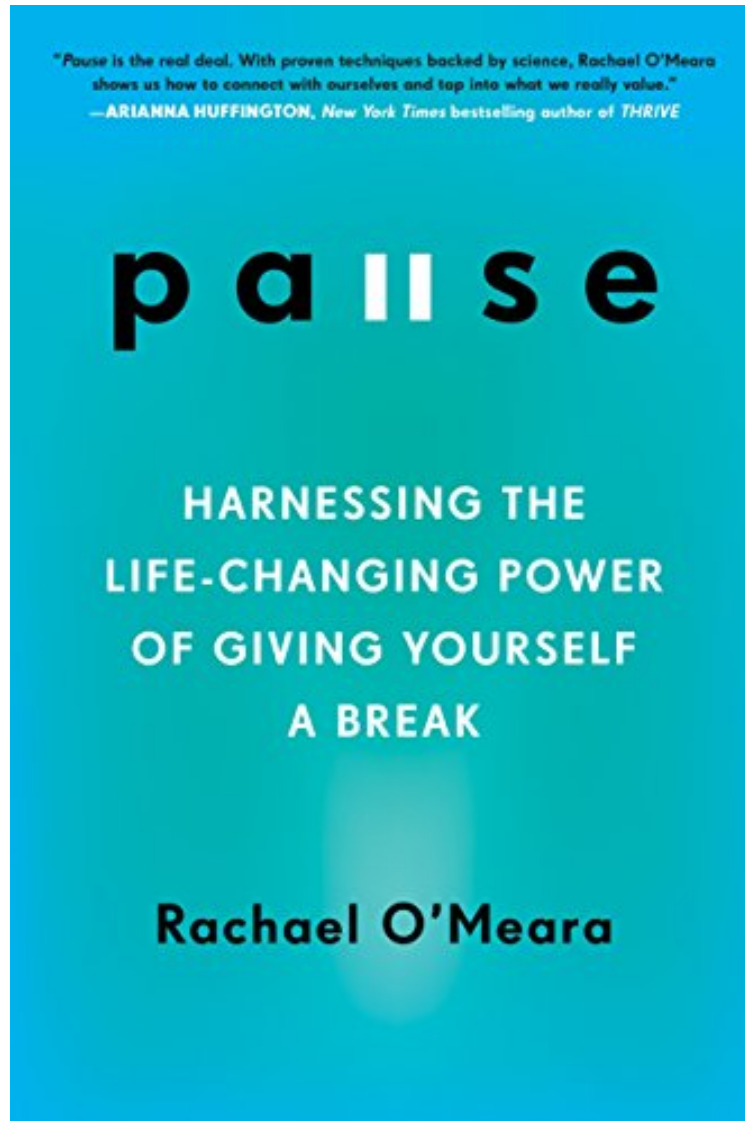


[Library ebook] Pause: Harnessing the Life-Changing Power of Giving Yourself a Break

# Pause: Harnessing the Life-Changing Power of Giving Yourself a Break

*Rachael O'Meara*

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**Rachael O'Meara : Pause: Harnessing the Life-Changing Power of Giving Yourself a Break** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pause: Harnessing the Life-Changing Power of Giving Yourself a Break:

3 of 3 people found the following review helpful. Excellent Read - Everyone Should Take A Pause!By Jason D AndreasA fantastic read by new author Rachael O'Meara. With all of the stresses presented in our modern, every day lives, it's great to gain perspective on how to step away and refocus your energy, effort and emotion.12 of 12 people

found the following review helpful. Saying you're too busy to pause is like saying you're too fat to exercise: a necessary antidote to work obsession burnout

By Dr Ali Binazir Americans live in a culture of misplaced priorities. The richest country in the history of the world is also the only industrialized nation with no mandated paid maternity/paternity leave. Only 4% of companies allow extended paid leave. Work defines people's identities, and overachievers believe that being busy is the highest virtue. Nothing could be more instrumental in the self-infliction of misery. O'Meara exhorts us to pause and reconsider this mindset and its ramifications -- how you got in this mess, how to get out of it, and what to do upon re-entry into polite rat-race society.

Things I like about this book: tons of case studies that you may identify with, including luminaries like Gabrielle Bernstein and Danielle LaPorte; step-by-step instructions for initiating your pause; introduction to incredibly useful concepts like self-validated intimacy and strengths finding; great sections on meditation and digital detox; cool exercises, like the "ten-second micro-pauses" of taking 6 deep breaths or breathing into your palms; easy to read.

O'Meara has done a great service by highlighting the importance of taking a pause and providing the tools to make it happen. If you think you're too busy to pause, that's like thinking you're too fat to exercise: you need this book, stat. I'm hoping this is the beginning of not just a good idea but a great movement to change people's attitudes towards leading more balanced, happy lives.-- Ali Binazir, M.D., M.Phil, Happiness Engineer author of *The Tao of Dating: The Smart Woman's Guide to Being Absolutely Irresistible*, the highest-rated dating book on for 4 years

3 of 5 people found the following review helpful. Highly recommend!

By Customer I love *Pause* for its wonderful balance of wisdom, engaging stories, and practical techniques. Whether you pause for just a few moments or for an extended period of time, this book equips you with the tools you need to take care of yourself and live a healthy, fulfilled life. I felt inspired and nourished after reading it, and I think you will too!

Feeling overwhelmed, burned out, or stuck? Discover the power of the pause. Sometimes life throws you for a loop. You're stressed out at your job; you're torn between work and family; your motivation and productivity are taking a nosedive. Your impulse might be to lean in and tough it out, but what you may really need to do is take a step back. Reassess your life with a clear head and dive back in with purpose and poise. In this enlightening book, Rachael O'Meara guides you through the steps of your own pause journey:- The signs that you're in need of a meaningful break- Planning your optimal pause--whether it's as short as a day or as long as an epic journey- Reentering the world with renewed clarity and purpose. Incorporating the latest findings from psychology and neuroscience and peppered with inspiring stories of successful pauses, this book will show you that the fastest way to happiness is to slow down. Whether you pause by taking a five-minute walk outside, spending a day unplugged from digital devices, or taking a few weeks off to yourself, *Pause* will give you the tools to find what lights you up; and the ability to lead the most satisfying and fulfilling life you choose. As seen in *The Washington Post*.

*Pause* is the real deal. With proven techniques backed by science, Rachael O'Meara shows us how to connect with ourselves and tap into what we really value."--Arianna Huffington, New York Times bestselling author of *Thrive*

"Pausing can add wonderful value to your life. In this enlightening book, Rachael shares many useful tips and inspiring stories that show how to tune-in to your life, align yourself with your passions, and live with meaning. This is truly a book worth pausing for."--Chade-Meng Tan, bestselling author of *Search Inside Yourself* and *Joy on Demand*

"Pause is a much-needed and timely book for those of us who often feel stuck or our to-do lists have taken over our lives. The lessons, stories, and insights Rachael shares will help you discover the practical and powerful value of pausing. In this step-by-step guide, she shows you how to return to the wisdom of your natural flow in your daily life."--Agapi Stassinopoulos, bestselling author of *Unbinding the Heart* and *Wake Up to the Joy of You*

"In a world of constant change and ever-customizable career paths, the ability to Pause is a crucial skill we must all cultivate. Rachael O'Meara has captured a critical component of a life well-lived--taking periodic pauses, or time-outs, to re-align our actions with our inner voice. Career pauses--whether one minute, one day, or one week--are the essential ingredient to making meaningful next moves. If you're concerned about the time or money to make it happen, don't worry--as Rachael says, with the right mindset and creative planning, anything is Pause-able."--Jenny Blake, author of *Pivot: The Only Move That Matters is Your Next One*

"*Pause* is a wonderful guide to living our lives with more courage, self-compassion, and authenticity. Filled with practical knowledge and tools, Rachael shows us how to tap into our deeper selves and notice what is happening underneath the surface while not freaking out when plans don't go our way. Pause to read this book!"--Mike Robbins, author of *Nothing Changes Until You Do*

"If you are like me, making a friendship with uncertainty can be daunting. Fortunately Rachael O'Meara's new book is a practical toolkit for navigating and facilitating change. What I've learned from *Pause* changes everything."--Barnet Bain, director of Milton's Secret, producer of *What Dreams May Come*, author of *The Book of Doing and Being: Rediscovering Creativity in Life, Love and Work*

"If you've ever hit a wall, this book is for you. Rachael O'Meara's knows--she's been there. *Pause* is an insightful and actionable roadmap for taking a moment to look inward, and making change that lasts."--Derek Sivers, author of *Anything You Want*, founder of CD Baby, TED

Pause is a wonderful guide to reconnecting-- with ourselves, with the world around us, and with those values we care about the most. Full of warmth and practical advice, reading it feels as though you are being taken by the hand and guided through some of life's tumultuous waters." --Sharon Salzberg, author of *Lovingkindness and Real Happiness*"With a powerful, comprehensive approach, *Pause* explores all the different ways we need to disconnect in order to reconnect and flourish. I can't recommend this book enough to those who are feeling stressed-out. As someone who turns off all screens with my family once a week for our weekly "Technology Shabbats" for the last seven years, I can promise you that bringing the ideas of *Pause* into your life will make your life better." --Tiffany Shlain, Emmy-nominated filmmaker, founder of The Webby Awards"Pause gives you the permission you might have been looking for to take a break in your life or start on a new adventure." Rachael not only explains why it's important, but she also breaks down how you can do it." - Karen Henson Jones, author of *Heart of Miracles*About the AuthorRachael Orsquo;Meara is a transformational leadership and executive coach, assisting others to fulfill their potential. She is a sales executive at Google and also hosts authors who have meaningful messages about mindfulness and emotional intelligence for the TalksAtGoogle YouTube channel. She writes regularly for sites including Huffington Post and leads workshops and speaks on the practice of pausing. She is certified in Transformational Coaching from Wright Graduate University for the Realization of Human Potential (ICF certified), and has an MBA from Fordham University.