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Titolo	Sloth // Wendy Wasserstein
Pubbl/distr/stampa	New York, : New York Public Library, : Oxford University Press, c2005
ISBN	0-19-029030-7 1-281-34695-0 9786611346959 0-19-803721-X 1-4356-0928-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (137 p.)
Collana	The seven deadly sins
Disciplina	179/.8
Soggetti	Laziness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	CONTENTS; EDITOR'S NOTE; INTRODUCTION; PART ONE: Why Sloth Works; CHAPTER ONE: The Sloth Plan; CHAPTER TWO: A Personal History; CHAPTER THREE: The Concise History of Sloth; CHAPTER FOUR: Sloth Will Change Your Life; PART TWO: How to Do It; CHAPTER FIVE: Success with Sloth; CHAPTER SIX: Welcome to Your Inner Sloth; CHAPTER SEVEN: Phase One: Getting Started; CHAPTER EIGHT: Phase Two: In the Swing; CHAPTER NINE: Plateaus; CHAPTER TEN: Maintaining Your Sloth; CHAPTER ELEVEN: Medical Breakthrough: Sloth Is the Way to Good Health!; CHAPTER TWELVE: A Pause in the Proceeding; CHAPTER THIRTEEN: Uberslothdom APPENDIX
Sommario/riassunto	Here is a rollicking parody of the self-help genre, one that skewers the couch-bound, apathetic mentality so pervasive in America today. With tongue in cheek, Sloth guides readers step-by-step toward a life of noncommittal inertia. "You have the right to be lazy," writes Wasserstein. "You can choose not to respond. You can choose not to move." Readers will find out the importance of Lethargiosis--the process of eliminating energy and drive, the vital first step in becoming a sloth. To help you attain the perfect state of indolent bliss, the book offers a wealth of self-help aids. Readers

