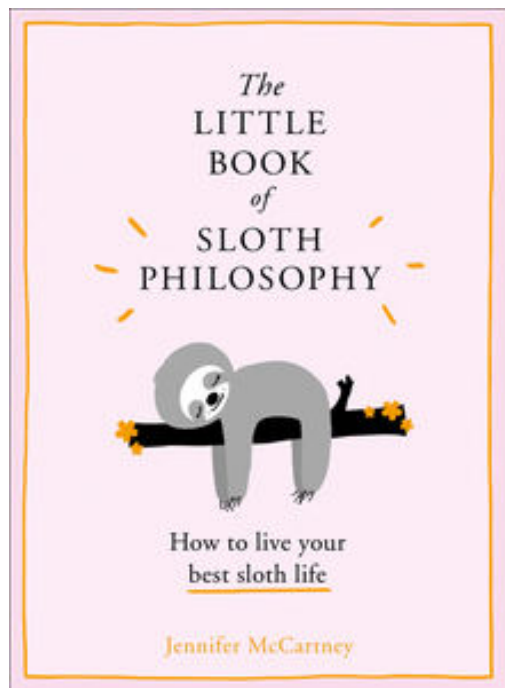


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From tidying and Hygge, to living Lagom, the endless pressure to be happier, live better, sleep soundly, and eat mindfully can be exhausting. But this year's lifestyle trend finally delivers the perfect antidote - welcome to the year of the sloth.

Sloths are mindfulness in action. Contemplative, deliberate, relaxed, and focused. They resist the rat race, the incessant pressures from society to be more productive, and they don't care how many steps they've logged on their fitness tracker. Long-limbed, a little bit shaggy, and a lot wide-eyed, they're wonderful creatures, not to mention completely adorable.

Here you can enjoy take-it-slow wisdom inspired by sloths; including advice on sleep (more restorative than a 6am run), eating and 'exercise' (sloths are the original pioneers of slow food and yoga after all), work (did you know that lazy people have higher IQs?), family life, and love.

Dispelling over-complicated myths about productivity, this brilliant book confirms that it really is OK to be a sloth.

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