

## Resources – References

### 2017 World Happiness Report

(<http://worldhappiness.report>, p. 145, Chapter 6, Happiness at Work)

---

### The secret of the 10% most productive people? Breaking!

<https://deskttime.com/blog/17-52-ratio-most-productive-people>

---

### How to gain control of your free time

*Laura Vanderkam | TEDWomen 2016*

Laura Vanderkam shatters the myth that there just isn't enough time in the week for working professionals to live happy, balanced and productive lives.

[https://www.ted.com/talks/laura\\_vanderkam\\_how\\_to\\_gain\\_control\\_of\\_your\\_free\\_time](https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time)

---

### 12 Quick Mini-Meditations to Calm Your Mind and Body

*These 30-second meditations are invisible, fun, and surprisingly effective.*

<https://www.psychologytoday.com/us/blog/changepower/201703/12-quick-mini-meditations-calm-your-mind-and-body>