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Who does not dream always being effective? It's so cool and useful. However, everything is not so simple.

To be always effective is awesome for many reasons. For example, studying would become much easier. Job would be going so well. Our training in the gym would always bring results. Our whole life would be improved if we were always "on the run".

But it is impossible to be effective every day. When we sleep a little, drink a lot of coffee and force our organism to work on re-division of possibilities - this sooner or later ends badly. Our nervous system gets tired, we are getting irritable. The body after long training stops listening. Head feels like an anvil dropped on it because of dozens of lectures at the university. We are not robots and we can't always be effective. Our body and brains need rest and there is nothing bad in this. Firstly, rest is pleasurable, which one of us does not like to luxuriate in bed before dinner? Secondly, rest can be useful, for example a vacation at sea has a good effect on our health and mood.

Taking everything into consideration we must be realistic. Yes, efficiency is great. But always to be effective is impossible, and it is not necessary, because there is nothing bad in rest and pause between affairs.