

Torkil Færø

THE REST CURE

REST SMARTER, STRESS LESS, PERFORM BETTER



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Hvil smartere, stress mindre og prester bedre

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From the author of the international bestseller *The Pulse Cure* comes another game-changer. *The Rest Cure* shot straight to the bestseller lists upon release, proving once again that Dr. Torkil Færø has his finger on the pulse of what we need to thrive in today's high-stress world.

Are you struggling to keep up with the pace of daily life and feeling overwhelmed by stress? Is your body's battery half-empty, leaving you running on low power most of the time? Do you find it hard to recharge and perform at your best, both at work and at home?

You're not alone. Our rest and recovery are under constant threat. To manage stress effectively, we need to become better at finding calm and taking rest. In *The Rest Cure*, you'll learn how to identify surprising energy thieves, how quick and effective daily micro-breaks can boost your energy, and how tracking your heart rate helps you regulate stress levels day and night. Dr. Torkil Færø also shares strategies that could add up to 24 extra years to your life! Groundbreaking research on the brain's rest network shows us that rest is not wasted time or an obstacle to achievement—it's the pathway to enhanced creativity and better performance.

Torkil Færø

Torkil Færø is a general practitioner and emergency physician, documentary filmmaker, author, photographer, and globetrotter. With over 25 years as a doctor, he has worked all over Norway, had tens of thousands of consultations, and gained a unique understanding of the illnesses that afflict us.

