THE OLDEST HISTORICAL MENTION OF NOODLES APPEARS IN A DICTIONARY FROM THE THIRD CENTURY A.D. IN CHINA.
NOODLE MAKING

DO WE NEED THAT KIND OF FAST?
WHAT'S GOING ON?
PART OF THE ANSWER IS SIMPLE
ECONOMICS

AS ECONOMIES GROW,
AND THE INCOMES OF THE BETTER-OFF HAVE RISEN OVER TIME,
TIME HAS LITERALLY BECOME MORE VALUABLE:
ANY GIVEN HOUR IS WORTH MORE,
SO WE EXPERIENCE MORE PRESSURE TO SQUEEZE IN MORE WORK.
BUT IT'S ALSO A RESULT OF THE KIND OF WORK IN WHICH MANY OF US ARE ENGAGED.
IN FORMER ERAS, DOMINATED BY FARMING OR MANUFACTURING,
LABOR COULD CERTAINLY BE PHYSICALLY PUNISHING — BUT IT OBEYED CERTAIN LIMITS.
YOU CAN'T HARVEST THE CROPS BEFORE THEY'RE READY.
YOU CAN'T MAKE MORE PHYSICAL PRODUCTS
THAN THE AVAILABLE MATERIAL ALLOWS.

WATCH OUT FOR TIME DEBTS

TIME DEBT IS WHAT ACCRUES WHENEVER
YOU DO WORK THAT FEELS PRODUCTIVE,
BUT
THAT IN REALITY HAS THE EFFECT OF
GENERATING MORE WORK, LATER ON.
HISTORICALLY
THE ULTIMATE SYMBOL OF WEALTH,
ACHIEVEMENT AND SOCIAL SUPERIORITY WAS
THE FREEDOM NOT TO WORK: THE TRUE BADGE OF HONOUR,
AS THE 19TH CENTURY ECONOMIST THORSTEIN VEBLEN PUT IT, WAS LEISURE.

NOW
IT'S BUSINESSES THAT HAS BECOME THE Indicator OF HIGH STATUS.
"THE BEST-OFF IN OUR SOCIETY ARE OFTEN VERY BUSY, AND HAVE TO BE,"
"YOU ASK ME, AM I BUSY?"
"AND I TELL YOU:
'YES, OF COURSE I'M BUSY – BECAUSE I'M AN IMPORTANT PERSON!'"

SOMEHOW,
MAYBE WE'RE ADDICTED
BEING BUSY
WHAT'S GOING ON?
PART OF THE ANSWER IS SIMPLE
ECONOMIC

TECHNOLOGY DRIVEN SOCIETY

WHERE DO WE WORK?

1800's
At the beginning, we work at home
Office was born

Industrial Revolution
We were working away from home
Office evolving

Office was born and we are working at the office
Office start to look like home
WHERE WILL WE WORK?

AT THE END
WE'RE BACK
WORKING FROM HOME

WHAT DRIVE
THE WORLD'S CHANGES?

THE WORLD IS EVOLVING

DIGITAL TECHNOLOGY
Rapid New Technology development

DIGITAL CULTURE
New culture, that even doesn't exist 10 years ago

DIGITAL BUSINESS
New Business, new job that never been think before
12 SECONDS
THE AVERAGE ATTENTION SPAN OF A HUMAN IN 2000

8 SECONDS
THE AVERAGE ATTENTION SPAN OF A HUMAN IN 2013

9 SECONDS
THE AVERAGE ATTENTION SPAN OF A GOLDFISH

15 SIGNS YOU ARE TOO BUSY AND SHOULD STOP
#01
YOU HARDLY SEE
YOUR FAMILY

#02
YOU'VE LOST
YOUR SENSE OF
PURPOSE OR MEANING
#03
YOU'RE CONSTANTLY TRYING TO MEET THE EXPECTATIONS OF OTHERS

#04
YOU'RE UNABLE TO BE PRESENT
#05
YOU'RE EXHAUSTED

#06
YOU FEEL LIKE YOU ARE FAILING IN MULTIPLE AREAS OF YOUR LIFE
#07
YOU DON'T TAKE VACATIONS EVER

#08
YOU HAVE A HARD TIME FOCUSING ON ONE TASK FOR MORE THAN 10 MINUTES
YOU ARE UNHAPPY AND YOU DON'T KNOW WHY

YOU ARE PARALYZED WHEN IT'S TIME TO MAKE DECISIONS, BIG OR SMALL
#11
YOU DON'T ASK FOR HELP

#12
YOU DON'T REMEMBER WHAT YOU HAD FOR BREAKFAST (POSSIBLY BECAUSE YOU ROUTINELY SKIP BREAKFAST)
#13
YOUR WORKSPACE IS MESSY
(AND YOU DREAD GOING THERE)

#14
YOU DOUBLE-BOOK OR MISS APPOINTMENTS
#15
YOU'RE LONELY

SO ARE YOU TOO BUSY?
HOW TO BE CALM IN A BUSY WORLD?

WHY AM I SO BUSY?
WHEN EVERYTHING
AROUND ME IS MOVING SO FAST,
ASK QUESTION:
IS IT THE WORLD THAT IS
BUSY, OR IS IT MY MIND?

YOU CAN CONTROL
YOUR TIME
The 7 Habits:
Sharpening the Saw

THE 7 HABITS
OF HIGHLY EFFECTIVE PEOPLE
1989

LESSONS FROM SLOTH
DON’T LET THE HATERS GET YOU DOWN

GEORGES LOUIS LECLERC, COMTE DE BUFFON
FRENCH NATURALIST

1749. ENCYCLOPEDIA OF LIFESCIENCES

THE SLOTHS ARE THE LOWEST FORMS OF EXISTENCE. ONE MORE DEFECT WOULD HAVE MADE THEIR LIVES IMPOSSIBLE.
THEIR SLOWNESS IS AN ASSET. THEIR UNUSUAL ANATOMY IS ASSET, THEY'RE LIVING THEIR SLOW SLOTHFUL LIVES THE WAY THEY WERE ALWAYS MEANT TO.

SCIENTIST ARE NOW LEARNING WHAT SLOTH IS, ALREADY KNOW, MOVING SLOWLY HAS ITS BENEFITS. ACTIVITIES LIKE YOGA AND TAI CHI (SLOW MOVEMENT THERAPY) HAVE BEEN PROVEN TO REDUCE CHRONIC PAIN. SLOW DOWN FOR BETTER LIFE.

EAT SLOWLY
WHY THE NAME SLOW FOOD?

IT'S A WAY OF SAYING NO TO THE RISE OF FAST FOOD AND FAST LIFE. SLOW FOOD MEANS LIVING AN UNHURRIED LIFE, TAKING TIME TO ENJOY SIMPLE PLEASURES, STARTING AT THE TABLE.

SLOTH HAVE A LOT COMMON WITH THE SLOW FOOD MOVEMENT WHICH STARTED IN ITALY IN THE 1980S AS AN ANTIDOTE TO FAST FOOD.

SLOTH' SLOW METHOD
SLOTH’ SLOW METHOD

SLEEP IN

SLOTH’ SLOW METHOD

LEAVE YOUR PHONE AT HOME
SLOTH’ SLOW METHOD

OPT OUT

WHAT'S THE RUSH?

WHAT'S THE RUSH?
SLOW DOWN