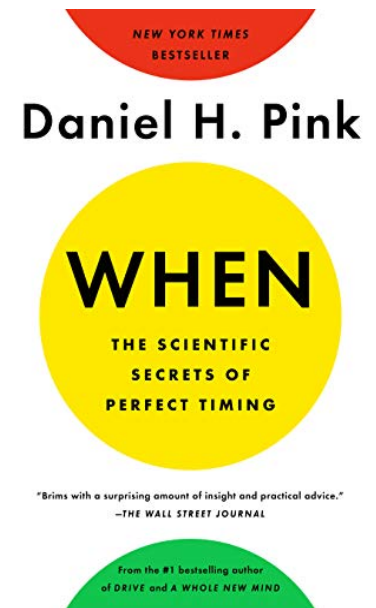


When Book Summary (PDF) by Daniel H. Pink

Ready to learn the most important takeaways from When in less than two minutes? Keep reading!



Why This Book Matters:

When examines the relevance of timing in our lives.

The Big Takeaways:

1. **We experience the same repetition of emotions every day.**
 1. If From morning to evening, there is a clear series of emotions that we experience in a day.
2. **Understanding your personal pattern of emotions will help you seize the day.**
 1. People experience different series of emotions throughout their day. Learning which emotions you experience when can help you utilize those feelings and become more productive.
3. **Give yourself time to avoid errors.**
 1. Taking breaks throughout the day can help you achieve better results on your tasks.
4. **A well-timed nap can be good for you.**

1. Well-timed breaks not only help us think better; they help our body feel better and lift our moods.
5. **A rush of emotions can often be associated with and ending.**
 1. Creating a link between your past self and future self can aid in making endings happier.

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