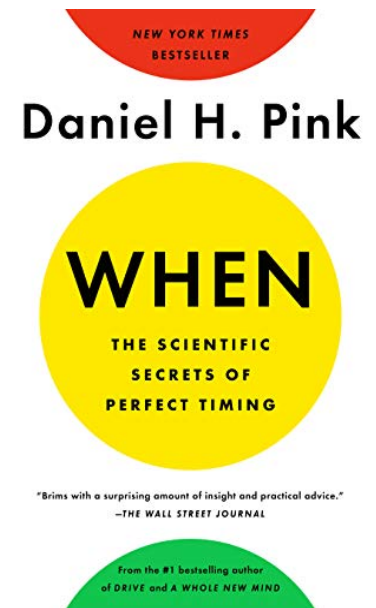


# When Book Summary (PDF) by Daniel H. Pink

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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