

NONFICTION

On the positive aspects of a life of excess

# Restlessness

IGNAAS DEVISCH

We work less, but we have more to do. We have more free time, but we sleep less. While we complain about stress, rushing and the danger of burn-outs, we plan overfilled days. In short, our time is becoming 'obese'. We cram everything in and are no longer able to mess about or truly do nothing.

Devisch extends to us something we can grasp in order to pull ourselves out of the morass.

KNACK

Anyone who thinks restlessness is a phenomenon specific to our own times is mistaken. For centuries people have sought a solution to a problem of which they themselves are the cause: an excessively full life. But is restlessness really a problem or one of our primary motivations?

Passion, creativity and desire are the result of impatience, writes philosopher and physician Ignaas Devisch. In defiance of all appeals to slow down and of calls for spirituality and asceticism, this book advocates a balance between relaxation and dynamism.



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**Ignaas Devisch** (b. 1970) is professor of ethics, philosophy and medical philosophy at the University of Ghent and the Artevelde College. He publishes in the fields of social, medical and political philosophy. His critical essay about medicalization, 'Sick of Health', was published by De Bezige Bij in 2013. In his latest book 'Fire. A Forgotten Issue' (2021, De Bezige Bij), philosopher Ignaas Devisch demonstrates why the moment man gained control over fire is such an important tipping point in history. *Photo © Koen Broos*

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