

SYNOPSIS

Jenny Kangasvuo, Jonna Pulkkinen, and Katri Rauanjoki: *The Procrastination Revolution*

Original title: Kotvimisen vallankumous

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The Procrastination Revolution shows how procrastination and putting things off have been with us since prehistory. A pace that emphasizes productivity in working life and maximizing every moment is a detriment to individuals and to society.

It's time to forget about excessive efficiency and procrastinate instead! An old Finnish word for procrastination, *kotviminen*, referred specifically to a break in work that was essential to getting the work done. Procrastination, like *kotviminen*, is doing something unrelated to the work at hand that nonetheless moves the work forward.

More than anything, procrastination is taking time out to think. Procrastination is useful and necessary: Taking breaks and devoting time to thinking are a part of work, not harmful dawdling. Procrastination helps maintain our mental health, supports creativity, and gives rise to new ideas. Learning, concentration, and creativity all require procrastination – without it we would be left with hasty decisions and careless results.

The Procrastination Revolution is based on interviews with more than twenty Finnish artists, writers, entrepreneurs, and researchers – and also on the authors' own lifelong expertise in procrastination.

Throughout their history, Finns have harnessed procrastination as part of such success stories as gaining independence, establishing primary schools, and developing a style of diplomacy based on listening. It's time to give procrastination its due and set ourselves up to succeed in the future as well!

Book review quotes

“A new Finnish non-fiction book wants to restore the reputation of reviled procrastination, because it actually does us good. We would all be more relaxed if we spent more time doing nothing.”

—*Helsingin Sanomat*

“The fantastic underlying idea of the book is that recognizing positive idle time ... can improve your quality of life. It's not an issue of laziness: When you recognize that procrastination is essential, you can reserve time for it without needing to feel guilty. The authors combine history, sociology, and the most recent brain research in an interesting way. They have found a variety of arguments in favor of procrastination: It has always been a part of long processes, and it is often a transition rite and important stage in getting things done.”

—*Telma* magazine

“Many managers work so hard that they have trouble recovering. What can be done to improve wellbeing and perform well at work? ... A new book, *The Procrastination Revolution*, talks about the benefits of procrastination and putting things off.”

—*Luotain* blog

Synopsis translated by Christina Saarinen.