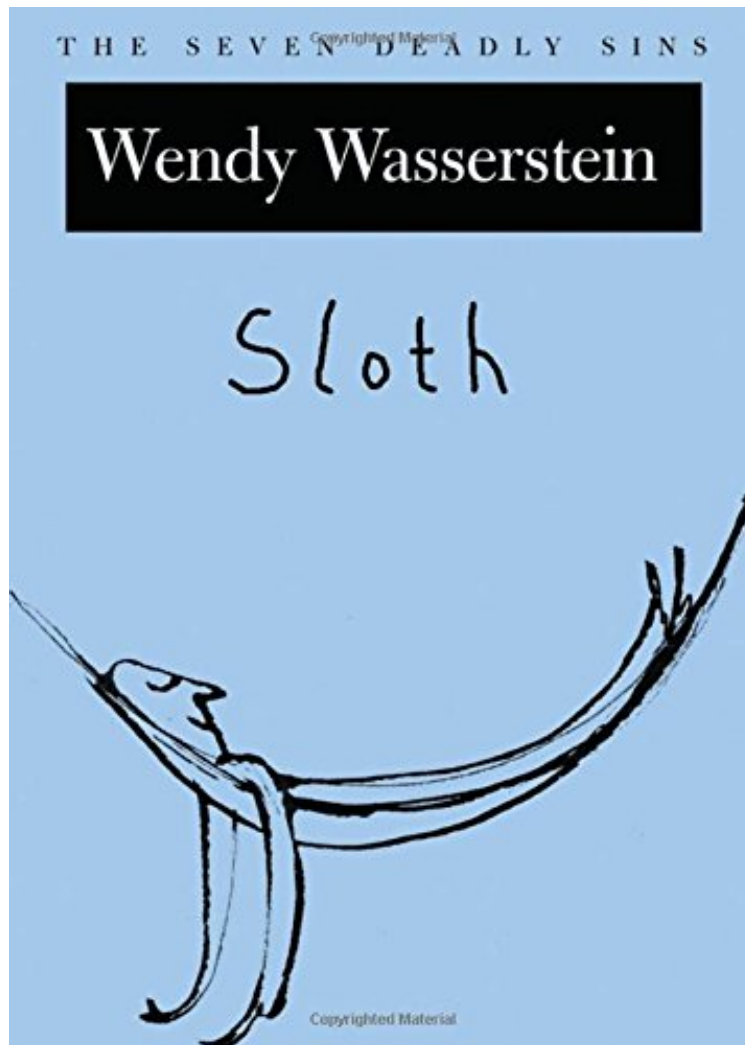


(Download pdf ebook) Sloth: The Seven Deadly Sins

Sloth: The Seven Deadly Sins

Wendy Wasserstein

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Wendy Wasserstein : Sloth: The Seven Deadly Sins before purchasing it in order to gage whether or not it would be worth my time, and all praised Sloth: The Seven Deadly Sins:

1 of 1 people found the following review helpful. Using satire as an excuse to not actually write a bookBy KittyHaving read, re read and completely enjoyed Joseph Epstein's "envy", I was looking forward to another book from the series. Get that and skip this.I downloaded the sample to my kindle first- the introduction was a witty description of the self-help industry and the treadmill of self improvement. What I failed to understand was that was not merely an introduction to the topic, that was the book. I kept turning the pages waiting for an actual sociological discussion of sloth and was utterly dissapointed. This was a similar experience to the discomfort and annoyance one feels when a Saturday night live sketch goes on way too long, completely killing any initial humor by beating the dead

no longer funny horse. Waste of money. I suppose the intent may have been to repulse me with the product of laziness, to show what sloth truly is. It worked. 26 of 28 people found the following review helpful. Sloth: The Silliest of Sins By Charles S. Houser The New York Public Library and Oxford University Press conspired to develop a lecture series in which some of the most interesting modern minds ponder the most ancient human foibles: the Seven Deadly Sins. The lectures were given at the New York Public Library and the authors were permitted (encouraged?) to rework them for publication. Wasserstein's SLOTH and Robert Thurman's ANGER are the latest titles to join the series (ENVY and GLUTTONY were published in 2003; LUST and GREED in 2004; PRIDE is promised for this spring and hopefully will come before the fall). Although I've bought all of the available titles, I chose to read SLOTH first (always having had a soft spot for this sin). It is not surprising that Wasserstein, an accomplished playwright, chose to adopt a persona to convey her message--that of a sloth guru, the author of a anti-self-help book entitled "Sloth: And How to Get It." The guru is so slothful s/he hasn't gotten around to forming a clear or specific sexual identity (At college, "I played sports on both men's and women's teams, and I had also danced the young male and female lead in the New York City Ballet's Nutcracker"; p. 19) Anyone who has tried all the new diet books, attended a 12-step group, guiltily read PEOPLE at the supermarket check-out line, or gotten caught up in church/synagogue, school, or office politics, will enjoy the many jabs Wasserstein delivers to institutions and champions advocating perfectability. SLOTH has the potential to become a modern satirical classic like C.S. Lewis's THE SCREWTAPE LETTERS or Ambrose Bierce's THE DEVIL'S DICTIONARY. However, unlike Lewis's great work, the jokes are mostly superficial, univalent, and very repetitive. It is, in the end, a one-joke book, and you could certainly accuse Wasserstein of taking enough trope to hang herself. My disappointment (why I only gave this very funny book only four stars), is that Wasserstein only occasionally reveals a serious concern with the nature and history of her chosen "sin." When I got to chapter three ("The Concise History of Sloth"), I thought that Wasserstein at last was going to start taking her subject seriously. And she does--for four pages (pp. 24 to 28), where she gives a very brief description of how "acedia" (originally understood as "sadness") was usurped in the seventeenth century by "sloth" on the Church's list of the Big Seven Sins. But wisdom can be found among the book's many flippancies. For instance, in her chapter on "Uberslothdom" she asserts, "True sloths are not revolutionaries... Sloths are the lazy guardians at the gate of the status quo" (p. 104). Hmmm. 0 of 0 people found the following review helpful. One Star By Customer Did not like the way it was written. Did not read it or gain what I was looking for.

Here is a rollicking parody of the self-help genre, one that skewers the couch-bound, apathetic mentality so pervasive in America today. With tongue in cheek, Sloth guides readers step-by-step toward a life of noncommittal inertia. "You have the right to be lazy," writes Wasserstein. "You can choose not to respond. You can choose not to move." Readers will find out the importance of Lethargiosis--the process of eliminating energy and drive, the vital first step in becoming a sloth. To help you attain the perfect state of indolent bliss, the book offers a wealth of self-help aids. Readers will find the sloth songbook, sloth breakfast bars (packed with sugar, additives, and a delicious touch of Ambien), sloth documentaries (such as the author's 12-hour epic on Thomas Aquinas), and the sloth network, channel 823, programming guaranteed not to stimulate or challenge in any way. ("It may be difficult to distinguish between this and other channels, but only on channel 823 can you watch me sleeping.") Readers will also learn the top ten lies about Sloth, the ten commandments of Sloth, the SLOTH mantra, even the "too-much ten"--over-achievers such as Marie Curie, Shakespeare, and William the Conqueror. You will discover how to become a sloth in your diet, exercise, work, and even love-life (true love leads to passion, she warns, and passion is the biggest enemy of sloth). Wendy Wasserstein is one of America's great comic writers--one who always has a serious point to her humor. Here, as she pokes fun at the self-help industry, she also satirizes the legion of Americans who are cultural and political sloths.

From Publishers Weekly Not as stirring as lust, as satisfactory as gluttony or as maddening as anger, sloth rarely commands the passionate attention that the other six deadly sins do. Thanks to Wasserstein, however, sloth finally gets its due. In a hilarious parody of self-help manuals, she offers a book-inside-a-book how-to guide Sloth: And How to Get It on living a happy and guilt-free slothful life. The first step in becoming a sloth is to enter into "lethargiosis," a state which "breaks the cycle of excess energy and stored dreams." Her guide recommends a two-week course of slowly eliminating activity by counting activity grams and restricting your daily gram intake. She chides overachievers like Shakespeare and offers a sloth mantra: "S: Sit instead of stand, L: Let yourself go, O: Open your mouth, T: Toil no more, H: Happiness is within me." Sloths in training will learn the 10 commandments of sloth ("Do not wash," "Do not clean up"), the top 10 lies about sloth ("Sloth leads to mental atrophy") as well as strategies for maintaining slothfulness through diet, work (when you have to do it) and sex. Wasserstein's rapid-fire comic prose offers the perfect satire on a culture that continually invents more ways of moving less (television remotes, cell phones) in order to be blissfully slothful. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist Playwright and essayist Wasserstein carries forward a truly inspired series--incisive musings on the seven deadly sins by Francine Prose (gluttony), Joseph Epstein (envy), Robert A. F. Thurman (anger), and Simon Blackburn (lust)--by offering a sly, hilarious parody of self-help books. Wasserstein claims to have tried every

self-improvement plan known to addled Americans, from the Atkins diet to getting in touch with her inner child, until discovering the solution, Sloth, a treatise she now generously shares with her readers. And what a cleverly subversive send-up this is. Recognizing that life is unfair and that there's not a darn thing you can do about it, the guru of sloth recommends doing nothing. To that end, the sloth advocate offers 5 (10 is just too demanding) commandments--"Sit instead of stand. Let yourself go. Open your mouth. Toil no more. Happiness is within me"--and a program for achieving absolute indolence, the secret of a stress-free life. Splendidly witty and on target, Wasserstein's droll paean to sloth is best read lying down. Donna Seaman Copyright American Library Association. All rights reserved "What midsummer night's feast would be digestible without Francine Prose's Gluttony; what weekend jaunt to your best friend's chateau would be survivable without Joseph Epstein's Envy? And you'll need Wendy Wasserstein's Sloth (wickedly subtitled 'And How to Get It') while you're struggling out of your deck chair."--O, The Oprah Magazine (on the series)"Whimsically packaged examinations of Lust by Simon Blackburn, Gluttony by Francine Prose, Envy by Joseph Epstein, Anger by Robert Thurman, Greed by Phyllis Tickle, Sloth by Wendy Wasserstein and Pride by Michael Eric Dyson become playgrounds for cultural reflection by authors and playwrights in Oxford's Seven Deadly Sins series."--Publishers Weekly (on the series)"In a hilarious parody of self-help manuals, Wasserstein offers a book-inside-a-book how-to guide--Sloth: And How to Get It--on living a happy and guilt-free slothful life. Wasserstein's rapid-fire comic prose offers the perfect satire on a culture that continually invents more ways of moving less (television remotes, cell phones) in order to be blissfully slothful."--Publishers Weekly"A delightfully hilarious parody...Wasserstein provides a plethora of amusing motivational strategies.... Not since Wendy Kaminer's I'm Dysfunctional, You're Dysfunctional has self-help been so enjoyable!"--Library Journal"This funny writer has produced 'Sloth: The Seven Deadly Sins,' a poke at the self-help industry in which she also satirizes the legion of Americans who are cultural and political sloths."--Newsday"Sloth is a hoot and nicely satirizes the extent to which so many self-improvement programs bring nothing but unhappiness and self-disgust to so many people."--SpiritualityHealth.com"Funny, wise, and paradoxically invigorating, Wendy Wasserstein has written what we can all hope is the self-help book to end all self-help books. Sloth gives us the energy not just to laugh at the whole industry of diet, exercise, and beauty regimens, but succeeds in getting us also to laugh at ourselves. Sloth is a motivational masterpiece." --Joseph Gordon, Dean of Undergraduate Education, Yale College"Anyone who's ever wondered if it wasn't time to stop and smell the roses needs to read Sloth, Wendy Wasserstein's wise and witty argument in favor of doing absolutely nothing. Embrace Ms. Wasserstein's philosophy and you will not only stop, you will abandon forever exhausting ideas like smelling anything, roses included. So gather your flagging forces and read this delightful book. It may well be the last thing you ever do." --John Weidman, President of the Dramatic Guild of America"Wasserstein convinces the reader that schedules and jogging are for dummies. Carbs and contemplation are in. Read this book to unlock the inner lazy you--and peace and happiness will follow beyond your wildest dreams. Embrace your human potential, read In-Style magazine. Wendy Wasserstein's Sloth is THE self-help manual for our age." --Flora Fraser, writer and biographer