

The Art of Laziness

My friend Carlos saw me lying on the sofa, with the remote in my hand, and asked me: "What is your favorite thing to do?"

I smiled and pointed to a list of "things to do" that I had written on a piece of paper. I had crossed out "take a nap," "watch a series," and "eat potato chips."

"Well, my friend," I told him, "my list of things to do is very special. I like to take my time and enjoy life to the fullest. I'm not in a hurry to do anything."

"But what about your favorite activities?" he asked.

I got comfortable on the sofa and told him: "Look, my favorite things to do are the following:

First, staying home on the weekends. Then, ordering pizza. And, of course, watching series in my bed while eating ice cream. There's nothing better."

Carlos looked at me, confused, but then he smiled. "I think I get it. You don't like the stress of life. You like the art of laziness."

"Exactly," I replied. "And I can teach you how to do it if you want."