

# Energy, and How to Get It

“For months, during the main stretch, I’d get inexplicably tired in the afternoon, as though vital organs and muscles had turned to Styrofoam. Just sitting in front of a computer screen, in sweatpants and socks, left me drained. It seemed ridiculous to be grumbling about fatigue when so many,” reports Nick Paumgarten in *The New Yorker*.

“Nuke a cup of cold coffee, take a walk around the block: the standard tactics usually did the trick. But one advantage, or disadvantage, of working from home is the proximity of a bed. Now and then, you surrender. These midafternoon doldrums weren’t entirely unfamiliar. Even back in the office years, with editors on the prowl.”

*Read the article.*