

- 1 Josef Pieper, "Leisure: The Basis of Culture", 27.
- 2 Ibid. 28.
- 3 Aristotle, "The Metaphysics", I.2, 982b26–29.
- 4 Thomas Aquinas, "Summa Theologica", II, II, 123, 12 ad 2.
- 5 Josef Pieper, "Leisure: The Basis of Culture", 44-45.
- 6 Exodus 20:8.
- 7 Catechism of the Catholic Church, 2193.
- 8 A study, according to The American Psychological Association, mentioned in the article "Speaking of Psychology: Why our attention spans are shrinking, with Gloria Mark, PhD." Accessed on 11.01.2026. <https://www.apa.org/news/podcasts/speaking-of-psychology/attention-spans> .
- 9 James 1:17.
- 10 The Catholic World Report, "You Will Be Swimming Against the Tide", accessed on 11.01.2026. <https://www.catholicworldreport.com/2011/10/02/you-will-be-swimming-against-the-tide/> .