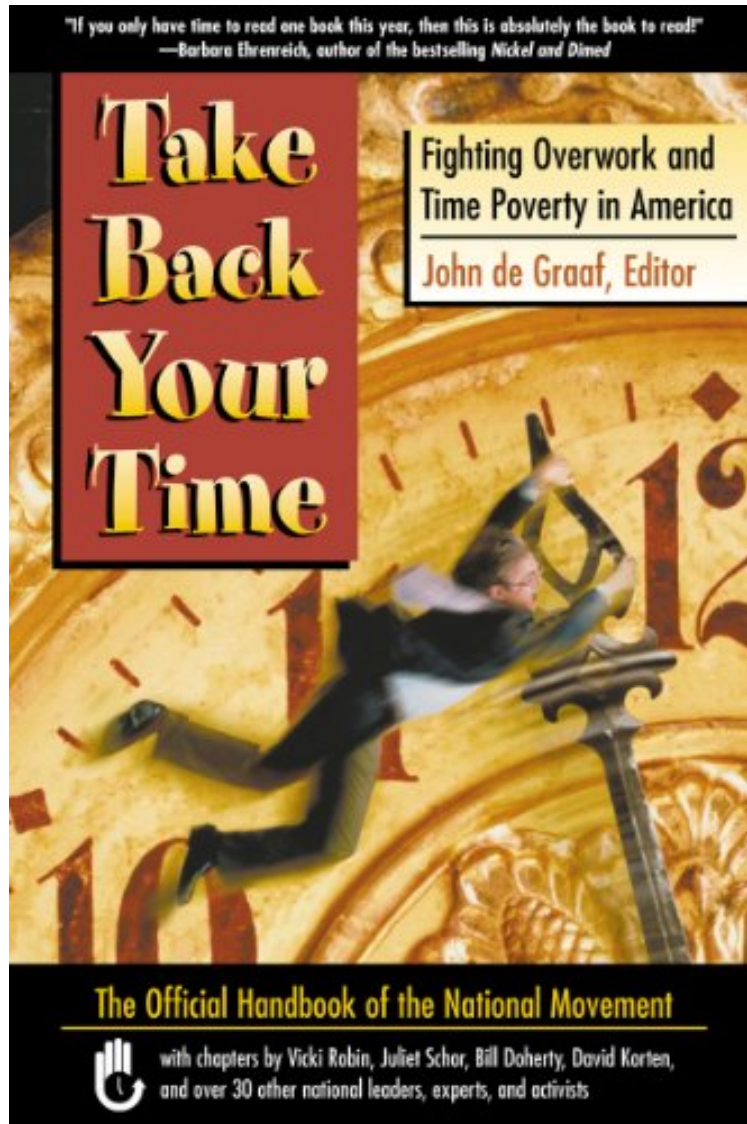


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## Take Back Your Time: Fighting Overwork and Time Poverty in America

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From Berrett-Koehler Publishers : Take Back Your Time: Fighting Overwork and Time Poverty in America before purchasing it in order to gage whether or not it would be worth my time, and all praised Take Back Your Time: Fighting Overwork and Time Poverty in America:

0 of 0 people found the following review helpful. Unlock your time, money, happinessBy Shellby PaulThis is a great book about time management. When I received it in the mail I was optimistic about reading it to discover how much time I actually have un accounted for. The text is in big, bold print, and the verbiage is easy to comprehend and well

written. After reading this book cover to cover I found out I can be doing various things to conserve my time, and better ways to spend the time I have recently freed up. I think this is a must read for not only college students, but also someone who is burdened with shift work as well as non shift work. Time is not only money, it is happiness. 1 of 1 people found the following review helpful. The One Commodity That We All Need By Diaspora Chic Time is what we all need to spend with family, friends, and of course, ourselves. Take Back Your Time is a blueprint for what we need to do to regain our time. Having time is essential for our health and well-being. With high rates of obesity, diabetes, cancer, etc., it's amazing how our country robs us from having enough time to do projects, take vacations, or just do nothing. The need to work more hours is fueled by corporations who pocket the money for their own interests and pay its workers meager wages making it difficult for some to even get by. And when an employee does ask for lesser hours, they are rejected or fired. This book is an eye opener for 2010. Time has to come and it is right now! 10 of 10 people found the following review helpful. Of immediate, systemic relevance to American society By L. Gompf I didn't have to read this book to be sold on the concept. I bought it so that I could have more facts when people asked me questions. What I gained from reading these many essays is more than simple facts. I gained a deeper understanding of how pervasive both the causes and effects are of time poverty in America. I have had no choice but to look at my own life to see what I can do differently. And I am even more certain that what the Take Back Your Time Day organizers have been doing is of immediate and necessary importance. Why should you read this book? Because no matter how much you think you know about overwork and time poverty in America, you will almost certainly discover something new.

Take Back Your Time is the official handbook for TAKE BACK YOUR TIME DAY, a national event. Organizers have enlisted the support of colleges, universities, religious organizations, labor unions, businesses, activist groups, and non-profit organizations to create events that will take place across the country, calling attention to the ways overwork and lack of time affect us-at home, in our workplaces, and in our communities-and to inspire a movement to take back our time. In Take Back Your Time, well-known experts in the fields of health, family therapy and policy, community and civic involvement, the environment, and other fields examine the problems of overwork, over-scheduling, time pressure and stress and propose personal, corporate and legislative solutions. This book shows how wide-ranging the impacts of time famine in our society are, and what ordinary citizens can do to turn things around and win a more balanced life for themselves and their children.

From Publishers Weekly Touted as the official handbook of Take Back Your Time Day (a national event to be held on October 24, 2003), this compilation of expert views on America's battles against "time poverty" pulls out all the stops with its 30 powerful essays. De Graaf, author of *Affluenza* and TBYT Day's national coordinator, introduces each piece with background on its author and anecdotes drawn from his career as a teacher, documentary television producer and leader in public policy groups. The contributors, who range from economists and policymakers to activists and clergy, describe the problems of the 24/7 lifestyle: rising health care costs, diminishing family time, etc. In "The Simple Solution," Cecile Andrews admonishes readers to give up "obsessive multitasking." ("Think of the things you've seen people do while they're driving-putting on makeup, changing clothes, eating cereal, nursing a baby, reading the newspaper, and of course, jabbering on cell phones.") In "Can America Learn from Shabbat?", Rabbi Arthur Waskow argues that "there are deep human needs for rest and reflection, for family time and community time" and laments that "economic and cultural pressures are grinding those deep human needs under foot." Other authors suggest that the lethal consequences of overwork result in road rage, repetitive stress injuries, health problems, fast food mania, an increase in the working retired, inadequate child supervision, and even a proliferation of dog-walkers. De Graf also includes essays that help readers find ways to take time to be a citizen, retrieve shrinking vacation periods, cease the time-consuming pursuit of "stuff" and engage in job sharing, sabbaticals and other strategies. Illuminating and even surprising (e.g., the average American labors 350 more hours per year than his western European counterpart), this book should sell particularly well in areas where the "simplicity" movement is popular. Copyright 2003 Reed Business Information, Inc. About the Author John de Graaf has been a documentary television producer for the past 25 years.