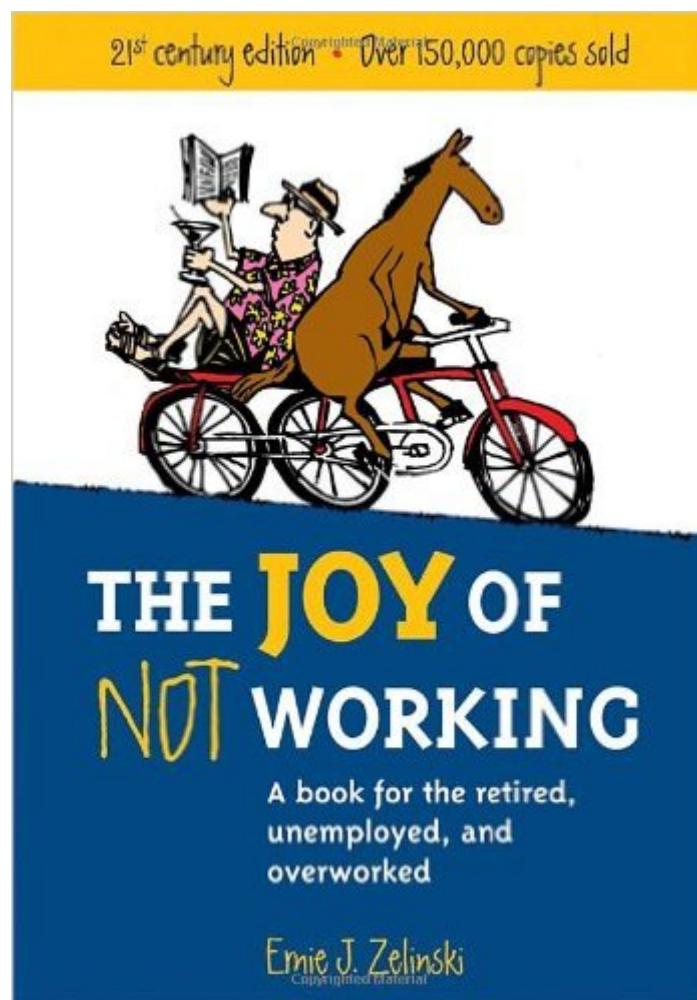


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# The Joy Of Not Working: A Book For The Retired, Unemployed And Overworked- 21st Century Edition



## **Synopsis**

Ernie Zelinski could change your view of the world forever. He has taught more than 200,000 people what "The Joy of Not Working" is about: learning to live every part of their lives - work and play, employment, and retirement alike - to the fullest. In this completely revised and expanded edition, you too can join the thousands of converts and learn how to thrive at both work and play. Illustrated with eye-opening exercises, thought-provoking diagrams, and lively cartoons and quotations, "The Joy of Not Working" will guide you to: Be more productive at work by working less. Discover and pursue your life's passions. Gain the courage to leave your corporate job if it is draining life out of you. Pursue interesting leisure activities that make a difference in your physical, mental, and spiritual well-being. Vanquish any guilt you may have about not working long and hard hours. Be financially independent with less money. Plus, new to this edition are thirty inspiring letters from readers detailing how the book helped them improve the variety, tone, and quality of their lives. "The Joy of Not Working" is a provocative, entertaining, down-to-earth, and tremendously inspiring book that will give you more joy and satisfaction out of everything you do.

## **Book Information**

Paperback: 240 pages

Publisher: Ten Speed Press; Revised edition (September 1, 2003)

Language: English

ISBN-10: 1580085520

ISBN-13: 978-1580085526

Product Dimensions: 6.8 x 0.7 x 9.8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (214 customer reviews)

Best Sellers Rank: #16,297 in Books (See Top 100 in Books) #1 in Books > Business & Money > Economics > Unemployment #3 in Books > Politics & Social Sciences > Social Sciences > Gerontology #38 in Books > Business & Money > Job Hunting & Careers > Job Hunting

## **Customer Reviews**

Believe it or not, I have the soul of a lazy person. I have enjoyed time off from 6 weeks to a year. I've enjoyed freedom in my work, especially now. So I totally understand the joy of Not Working. Zelinski's book has many things going for it. For example: (a) Too many of us are workaholics. (b) We need structure, purpose and a sense of community, with or without a job. (c) Work smart, not hard ("peak performance"). (d) The checklist on page 54 can be a wake-up call. (e)

We can gain several hours a week if we give up television. But as a career consultant I am concerned about the book's core advice. Page 55: "The first day your job does not nourish and enthuse you is the day you should consider leaving. Indeed, I advise you to quit." Pretty strong stuff! In my experience, few jobs provide daily nourishment and enthusiasm every day or even every week. I would say, "If you've outgrown your job, begin a search for alternatives. Don't do anything until you have a plan." People do miss their jobs - even jobs they hated. I have never seen statistics, but my experience suggests at least 50% of those who quit without another job regretted the decision. One discussion list posted a note from a 40-something woman who had chosen enjoyable, low-paying jobs in the personal growth field. Now she was ready to move on, with no nest egg to fund a career transition. Job dissatisfaction actually can be a misleading signal. Many people who seek a career change actually need to relocate geographically or work on relationships. My biggest criticism of the book is the potentially misleading presentation of information.

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