

[Pdf free] Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives

Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives

Mary Lou Quinlan

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How Hardworking Women Can
Take a Break and Change Their Lives



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Mary Lou Quinlan : Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives before purchasing it in order to gauge whether or not it would be worth my time, and all praised Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives:

0 of 0 people found the following review helpful. Interesting, but more memoir than guidebook By J. Joseph When I purchased the book I was in the process of planning for a 6 week sabbatical. The book description sounded perfect. I'm

Type A, and the author is a self-described Type A as well so I figured it would be a good fit. I definitely found the book interesting, but it was more of a post-reflection memoir including stories from women she met. I was looking for something to match my type A personality that was more list-like. Action planning, etc. Now that I'm one week into my sabbatical, I can understand how quickly you move from list-girl to trying to tap into your emotions (since I neglect them in my working life). I've decided to blog about my experience of taking six weeks off as well if you're interested. [...] 0 of 0 people found the following review helpful. Worth the read if you are thinking of a big change. By Jane Nugent Read this if you are inspired in any way to make a change in your career and life. It gets a little dry with all the stories and quotes from other women, but funny and inspiring overall. 4 of 4 people found the following review helpful. Sometimes we need know it's o.k. to cry "uncle." By Diane Danielson As I was reading this book, I felt like I had met my soul mate. I, too, am a Type-A "good girl." ("You need this report by Friday, would Thursday be better?") Fortunately for me, I was forced into a sabbatical before I really knew that I needed one (and then, of course, spent the next two years struggling with the fact that I had my entire identity wrapped up in my job/career, that only now am I beginning to enjoy life). I was floored when Mary Lou wrote about being so tired that incurring enough injuries to require a stay in the hospital (without being life-threatening) seemed an attractive way to take a break from the craziness. That thought had crossed my mind more times than I would like to admit. If you're thinking about taking time off, or are so tired that you can't even think, then you might want to pick this book up. Even if you can't financially swing a sabbatical, it's helpful to understand that you are not alone in feeling overwhelmed with your life.

Have you ever fantasized about taking time away from your overworked life? Nights uninterrupted by email? Days to pursue set-aside dreams? Do you promise yourself that "someday" you will get a break? Mary Lou Quinlan had those "someday" thoughts. But her hard-earned job as CEO of a New York advertising agency claimed most of her waking hours. Exhausted and losing motivation, she was so desperate she perversely imagined breaking her leg to get some time alone. Then, she declared a brief timeout. During her time off, she slept late, took walks, danced the salsa, kept a journal and ultimately, uncovered the roots of a new business. In the process, she rediscovered herself. *Time Off for Good Behavior* is the result of listening to women like her, who realized enough was enough. Quinlan tells no-holds-barred stories of dozens of women who sacrificed their health, relationships, their good humor and a good night's sleep until they found the courage to ask themselves if they were happy with the life they were living and made the decisions to take life-saving breaks. Mary Lou Quinlan explores the factors that compel you to work so hard and examines how to take back control of your life. She explores our unwillingness to give ourselves permission to rest so that we can re-imagine our futures. And she shows the powerful, self-fulfilling changes that can occur when we do decide to take that rest. Whether you contemplate leaving a career that took years to build or just need a long vacation to assess what you want next, you'll find practical tools and bolstering advice throughout. Each chapter ends with provocative questions to help you plan your good behavior reprieve. Specific exercises on financial planning, advice for negotiating time off, and tools to uncover your passions make this a must-read for women who are ready for "someday." *Time off for Good Behavior* ultimately shows that stepping away from everything—even for a short while—often means ending up with so much more.

From Publishers Weekly "Type A good girls" are the intended audience for this energetic but disjointed rumination on the transformative power of time off. Once a CEO of an advertising agency, Quinlan took a life-changing five-week break and then promptly started her own consulting company. Encouraging women not to bury personal happiness under career success, she offers anecdotes from 37 women who had similar time-off epiphanies, worksheets designed to spur readers to action (e.g., "Working Too Hard? Feeling the Burn?") and her own bubbly advice. For readers unable to quit or take long breaks, she suggests angling for flexible hours at work. She also recommends that her readers "develop a financial plan with an advisor and update it every year." Quinlan's cheerleading tone would work brilliantly in an auditorium, and the examples she draws from her own life are enlightening. But a cutesy tone (the term "good girl" appears on nearly every page) and a tendency to gloss over the nitty-gritty of life changes (just how did Isa quit her job to found her own fire dancing studio?) makes this more an inspirational text than a guide. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist Quinlan (*Just Ask a Woman*, 2003) is all about work burnout among women, yet statistic after statistic (for instance, in 2003, employers recorded \$21 billion in unused vacation days) moves her thesis to higher levels. She sticks to her guns, though, by profiling 37 women who have quit, taken a sabbatical, or transitioned into new jobs and new lives, plus she generously hands readers the tools (e.g., end-of-chapter questionnaires) to do the same. Much of her book is psycho-prescriptive, targeting the so-called type A "good girls" who take care of others but not themselves. Profiling complete, she adds diagnosis and remedies with specific steps to be taken with employees and selves. But will anyone truly listen? Barbara Jacobs Copyright © American Library Association. All rights reserved. "For every stressed-out working woman with a voice inside saying that things could be different, Mary Lou Quinlan offers an inspirational route map for making the change. With unfailing humour and typical female resourcefulness, Mary Lou proves that flexibility is not a sign of weakness, but a source of strength. If women love this book, it's

because they need it."--Allison Pearson, author of *I Don't Know How She Does It*; "A must-read for every high achieving woman who's working more and enjoying it less. If you've ever wanted to step out of the rat race and start living your dreams, this book is the perfect guide."--Carole Black, *Lifetime TV*; "This book not only gives hard working women "permission" to slow down and ease up, but tells, with real-life examples and simple tools, how women can thrive while smelling the flowers."--Sheila Wellington, Professor of Management, NYU/Stern School of Business and Former president of Catalyst; "By sharing her story and the stories of many other successful women, Mary Lou Quinlan tells the story of the "overwork" epidemic in the US today, facing one in three Americans. This book is like a welcome mirror, revealing how we are living and working, but even more importantly, reflecting numerous possibilities of a different future with new and better paths to success at work and at home."--Ellen Galinsky, President, Families and Work Institute