

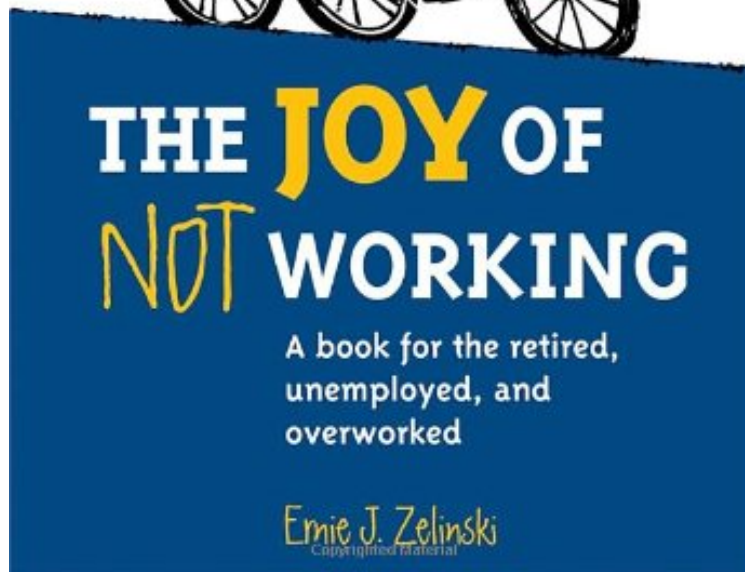
(Mobile library) The Joy of Not Working: A Book for the Retired, Unemployed and Overworked- 21st Century Edition

The Joy of Not Working: A Book for the Retired, Unemployed and Overworked- 21st Century Edition

Ernie J. Zelinski

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Ernie J. Zelinski : The Joy of Not Working: A Book for the Retired, Unemployed and Overworked- 21st Century Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised The Joy of Not Working: A Book for the Retired, Unemployed and Overworked- 21st Century Edition:

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the calendar wondering when your colonoscopy is. No, this can't be all. So, I needed to do research. Found this delightful book. The main reason I enjoyed it was that it really offered suggestions. It's foolish to say that it changed my life. However, it did put me on a path. Ernie's words gave me the direction I truly needed.1. Everyday I do some sort of exercise.2. I use my time in worthwhile pursuits. (volunteer, read, classes)3. Discover what you are good at. These are just a few of the thoughts that follow me from day to day. This was an excellent purchase.0 of 0 people found the following review helpful. Great perspective on our sometimes misguided relationship with work. By S. Harper. Great perspective on our sometimes misguided relationship with work. The author's words really stuck with me after reading it, and I look forward to re-reading sections of it each morning before I start my day. I immediately forced my overworked, over-achieving wife to read it. The folks that need to read this the most are unfortunately the same folks that are least likely to.0 of 0 people found the following review helpful. Recommended. By s tracy. This is a very good book with a lot of critical points to ponder as you approach retirement. Author hits it out of the park.

Ernie Zelinski could change your view of the world forever. He has taught more than 300,000 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 get you more joy and satisfaction out of everything you do.

From Booklist An odd mix of amateur psychology and self-help is offered by this engineer happily and creatively unemployed for 14 years. His clear-as-a-bell message is that making the most of leisure involves knowing yourself inside and outside of work. And that, for most overworked and undersatisfied Americans, amounts to an overwhelming task. To some extent, Zelinski tames the process with a combination of humor, cartoons, quotes from the famous (and the not so), fan mail excerpts, and a host of exercises to try. Explored in depth are the nature of boredom (complaining is one sure sign), the value of work, inner passions and goals, and the potential maleficence of money. None of these thoughts are new; Abraham Maslow, for one, advocated the stages toward healthy humanity. Nor are the statistics, remarks, or observations unique. But the notion of how to enjoy free time is finally geared to a mass market. Barbara Jacobs "Ernie Zelinski helps others find time to live. -- Fawn Fitter, Career Writer, Boston Herald "In *The Joy Of Not Working*, Zelinski explains how to combat boredom, develop motivation, live for today, rethink the terms of financial independence, and redefine the meaning of fulfillment." -- Don Oldenburg, Career Writer, Washington Post "For all the time we spend craving leisure time, discussing it, dreaming about it and planning for it, few among us use it well . . . This is where Ernie J. Zelinski comes in." -- Carol Smith, Seattle Post-Intelligencer About the Author Ernie Zelinski is a Best-Selling Author, Innovator, Content Creator, Professional Speaker, and Unconventional Career Expert with more than 25 years of experience in creative marketing, solo-entrepreneurship, and making a great living without a real job. Outside the corporate world since the 1980s, Ernie has helped tens of thousands of people from all walks of life in their career transitions and retirement planning through his books such as the international bestsellers "*The Joy of Not Working*" (over 300,000 copies sold and published in 17 languages) and "*How to Retire Happy, Wild, and Free*" (over 325,000 copies sold and published in 9 languages). Ernie Zelinski's books -- with translations in 22 languages published in 29 countries -- have sold over 950,000 copies and have changed lives around the globe. Thousands of individuals have contacted Ernie by letter and e-mail about how they have experienced renewal and personal growth as a result of reading one of his best-selling books.