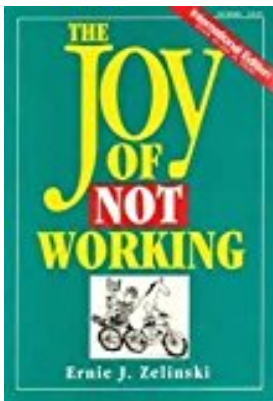


[PDF] The Joy Of Not Working: How To Enjoy Your Leisure Time Like Never Before

Ernie J. Zelinski - pdf download free book



Books Details:

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Description:

From 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* --This text refers to an out of print or unavailable edition of this title.

Review "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

"The message is that leisure, not work, is critical to happiness. . . . Zelinski points out that no one's dying words have ever included, 'I wish I had worked more.'" -*Financial Post* "Ernie Zelinski helps others find time to live." -*Boston Herald* "[Is the] key to success and keeping life meaningful." -*Contra Costa Times* --This text refers to an alternate edition.

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