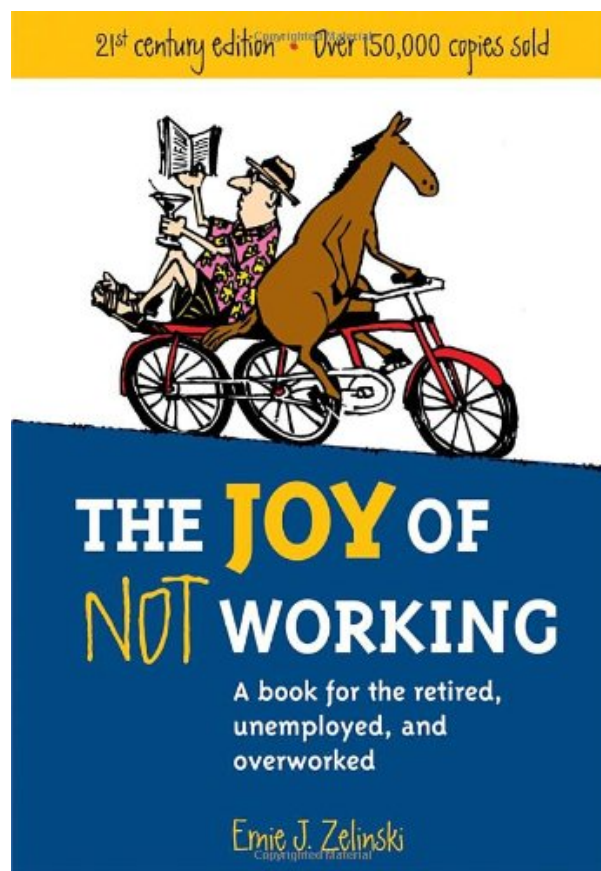


THE JOY OF NOT WORKING: A BOOK FOR THE RETIRED, UNEMPLOYED AND OVERWORKED- 21ST CENTURY EDITION BY ERNIE J. ZELINSKI



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unemployed, and
overworked

Ernie J. Zelinski
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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

Review

"Ernie Zelinski helps others find time to live.

-- Fawn Fitter, Career Writer, Boston Herald

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About the Author

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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 you get more joy and satisfaction out of everything you do.

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Most helpful customer reviews

2 of 2 people found the following review helpful.

Interesting And Thought Provoking

By T. Elliott

I found this book both interesting and thought provoking. I've been trying to escape from my job for a few years now but had not guide to go by until this one.

One of my brothers is more of a free spirit when it comes to work and though I haven't always admired it, I've certainly noticed it. I, on the other hand, have always been tied to a certain kind of job which gave me what I would call security, when it reality it wasn't. My brother has always found a way to get by on what he has, be it making money, friendships, etc, and after trying to escape the job trap I've been in all of my adult life, his way of getting by is now very admirable to me. In fact, I'd say that he would closely epitomize the ideas found in *The Joy Of Not Working*.

There were, I thought, a couple of places in the book which appeared contradictory to what the author espoused say in a previous section of the book. Though, I don't particularly ding him on this. The book book is quite long and some of the ideas bleed over from other chapters, but all in all there are some good concepts and things I would never have thought of.

He does talk about the work ethic of people today, in that they work too long, work too hard and for too little pay and for the most part I would agree that we do that as a society. However, if there is something you are truly passionate about I would take that part with a grain of salt. The way I see it is if you find something that you truly love to do and can get paid for doing it, then you are successful. I would not consider myself very successful in this area of my life. I've worked at a job where I was really well paid, was qualified to do, but realized that if they would have given me million dollars to stay I still would have left. Money is certainly not everything.

Would I suggest you read this book? If you've ever thought of leaving the proverbial rat race, then this book is a good source of information for you.

6 of 6 people found the following review helpful.

Workaholics should read

By J. Oehlschlager

This book is to encourage people to find passion outside of work and be okay with not working but doing something they enjoy. I'm loving the book. I have recommended it to many people -from workaholics to retired individuals. I purchased it because I'm out of a job to take care of my family in a transition period. I've always been a hard worker and very independent. Relying on my husband (of only 6 months) has been hard...especially without friends and any recognition for a job well done. I needed to learn how to cope. This book has given me a new perspective.

1 of 1 people found the following review helpful.

Worth the money and read. I read it and passed it on to future retirees.

By Jim from Ky.

If you're looking to retire in the next 6 months or year or so, this is worth the read if you don't have any real plans for yourself when you retire. It gives some good insight to the way you need think about things and look at what you'll do with your free time. Even though my employer gives retirement seminars when you are at a year to retire, this is worth buying to add to it. You'll be surprised.

I read mine, and gave it to a friend to read as he is retiring soon. He promised to pass it on.

I'm glad I read it, as I've already followed some of the suggestions and they are worthwhile.

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