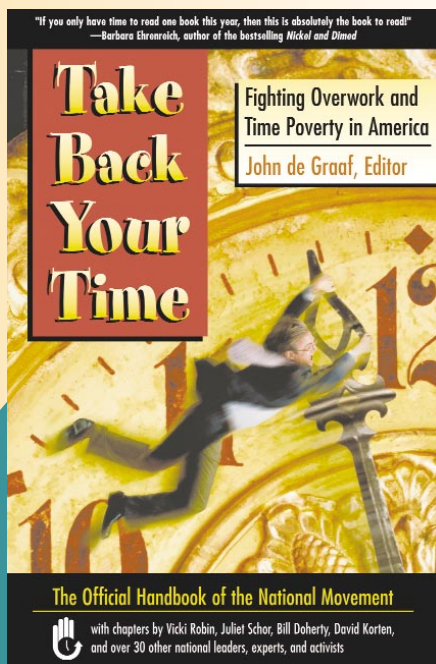


The official handbook of TAKE BACK YOUR TIME DAY!

Take Back Your Time

Fighting Overwork and Time Poverty in America

John de Graaf, Editor



John de Graaf has been a documentary television producer for the past 25 years. He produced the popular PBS specials *Affluenza* and *Running Out of Time*, and cowrote the book *Affluenza: The All-Consuming Epidemic*. He is co-chair of the Public Policy Committee of the Simplicity Forum, a leadership group of the Voluntary Simplicity Movement. He is the National Coordinator for Take Back Your Time Day.

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"If you only have time to read one book this year, then this is absolutely the book to read!"

—Barbara Ehrenreich, author of the bestselling *Nickel and Dimed*

"Take Back Your Time is a call to action for all of us who believe that the aim of a society is to benefit its people, not to maximize profits."

—John Sweeney, President, AFL-CIO

Forget oil or gold—time is the most precious commodity in America today. Americans have less free time than anyone else in the industrialized world. The average American works nine weeks longer than the average European. In fact, modern Americans work longer hours than medieval peasants!

In *Take Back Your Time*, well known experts in health, family therapy and policy, community and civic involvement, the environment, and other fields explore the wide-ranging impact of time poverty in America and propose personal, corporate, and legislative solutions. Edited by the coauthor of the bestselling *Affluenza: The All-Consuming Epidemic*, and including contributions from such well known personalities as Vicki Robin, Juliet Schor, David Korten, Cecile Andrews, Bill Doherty, Karen Nussbaum, and many others, *Take Back Your Time* examines all aspects of the time-famine issue—from overwork among adults to overscheduling of our children; from environmental consequences to the effects of our time deficit on our communities, our families, and even our pets—and presents viable alternatives.

Contrary to what we are so often told, Americans can have a satisfying standard of living without sacrificing good mental and physical health, a clean environment, fulfilling relationships with family and friends, active citizenship or social justice. *Take Back Your Time* shows what ordinary citizens can do to turn things around and win a more balanced life for themselves and their children.

See other side for complete table of contents and ordering information.

TAKE BACK YOUR TIME DAY is a nationwide initiative to challenge the epidemic of overwork, overscheduling, and time famine that now threatens our health, our families, our communities, and our environment. Friday, October 24, 2003, will be the first annual Take Back Your Time Day. The date falls nine weeks before the end of the year—symbolizing the fact that the average American now works a full nine weeks longer than the average Western European worker.

Throughout America people will join in activities to initiate a much-needed national conversation about work/life balance and how we can reclaim it. We hope to produce a broad and non-partisan coalition for change. This issue affects people across class, gender, race and ideological lines. We are building a national TAKE BACK YOUR TIME DAY working group and looking for volunteers to build events in every community and on every campus. Join us!
www.timeday.org



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Table of Contents

Preface: TAKE BACK YOUR TIME DAY—
John de Graaf, coauthor, *AFFLUENZA*
Introduction: John de Graaf

PART I: OVERWORK IN AMERICA

1. THE (EVEN MORE) OVERWORKED AMERICAN—Juliet Schor, Professor of Sociology at Boston College and author of *The Overworked American*
2. AN ISSUE FOR EVERYBODY—Barbara Brandt, National Staffperson, The Shorter Hours Working Group
3. THE INCREDIBLE SHRINKING VACATION—Joe Robinson, Director of the National Work to Live Campaign
4. FORCED OVERTIME IN THE LAND OF THE FREE—Lonnie Golden, Professor of Economics, Penn State University

PART II: TIME IS A FAMILY VALUE

5. OVERSCHEDULED KIDS, UNDER-CONNECTED FAMILIES—William Doherty, Professor of Family Therapy, University of Minnesota and Barbara Carlson, co-founder, Putting Family First
6. RECAPTURING CHILDHOOD—Betsy Taylor, Executive Director, The Center for a New American Dream
7. WHAT ABOUT FLUFFY AND FIDO?—Camilla Fox, National Campaign Director, The Animal Protection Institute

PART III: THE COST TO CIVIL SOCIETY

8. WASTED WORK, WASTED TIME—Jonathan Rowe, Director of the Tomales Bay Institute
9. TIME TO BE A CITIZEN—Paul Loeb, author of *The Soul of a Citizen*
10. TIME AND CRIME—Charles Reasons, Professor of Law and Justice, Central Washington University

PART IV: HEALTH HAZARDS

11. AN HOUR A DAY (COULD KEEP THE DOCTOR AWAY)—Suzanne Schweikert, MD
12. THE (BIGGER) PICTURE OF HEALTH—Stephen Bezruchka, MD, University of Washington School of Public Health

PART V: ENVIRONMENTAL CONSEQUENCES

13. HASTE MAKES WASTE—David Wann, coauthor of *Affluenza*
14. THE SPEED TRAP—Robert Bernstein, Transportation Chair, Santa Barbara Sierra Club
15. ON TIME, HAPPINESS AND ECOLOGICAL FOOTPRINTS—Tim Kasser, Professor of Psychology, Knox College and Kirk Warren Brown, Professor of Psychology, University of Rochester

PART VI: HISTORICAL AND CULTURAL PERSPECTIVES

16. WHEN WE HAD THE TIME—Benjamin Hunnicutt, Professor of Leisure Studies, University of Iowa
17. CAN AMERICA LEARN FROM SHABBAT?—Rabbi Arthur Waskow, The Shalom Center

PART VII: TAKING BACK YOUR TIME

18. ENOUGH—THE TIME COST OF STUFF—Vicki Robin, chair of The Simplicity Forum and author of *Your Money or Your Life*
19. THE SIMPLE SOLUTION—Cecile Andrews, author of *The Circle of Simplicity*

PART VIII: WORKPLACE SOLUTIONS

20. JOBS TO SHARE—Carol Ostrom, staff writer, *The Seattle Times*
21. A RICHER BOTTOM LINE—Irene Myers, Larry Gaffin, and Barbara Schramm, career counselors

22. WORKING RETIRED—Beverly Goldberg, Vice President, The Century Foundation
23. A CASE FOR SABBATICALS—Bob Sessions, Professor of Sociology, Kirkwood College and Lori Ericson, writer
24. AMERICA NEEDS A BREAK—Karen Nussbaum, Assistant to the President; Christine Owens, Director of Public Policy, and Carol Eickert, Policy Analyst, AFL-CIO
25. IT WOULD BE GOOD FOR BUSINESS TOO—Sharon Lobel, Professor of Business and Management, Seattle University

PART IX: RETHINKING PATTERNS OF CULTURE

26. RECIPES FOR RELIEF—Anna Lappe, coauthor of *Hope's Edge*
27. TIME BY DESIGN—Linda Breen Pierce, author of *Choosing Simplicity*

PART X: CHANGING PUBLIC POLICY

28. EUROPE'S WORK-TIME ALTERNATIVES—Anders Hayden, author of *Sharing the Work, Sparing the Planet*
29. A POLICY AGENDA FOR TAKING BACK TIME—Jerome Segal, Professor of Philosophy and Public Policy, University of Maryland
30. WHAT'S AN ECONOMY FOR?—David Korten, author of *When Corporations Rule the World*

RESOURCES FOR TAKING ACTION

- A. ORGANIZING TAKE BACK YOUR TIME DAY IN YOUR COMMUNITY—Sean Sheehan, Outreach Director, Center for a New American Dream
- B. TEACH-INS AND STUDY CIRCLES—Cecile Andrews
- C. HOW TO PITCH (NOT PLACE) THE STORY—Eric Brown, Director of Communications, Center for a New American Dream