



Take Back Your Time: Fighting Overwork and Time Poverty in America

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Take Back Your Time is the official handbook for TAKE BACK YOUR TIME DAY, a national event. Organizers have enlisted the support of colleges, universities, religious organizations, labor unions, businesses, activist groups, and non-profit organizations to create events that will take place across the country, calling attention to the ways overwork and lack of time affect us-at home, in our workplaces, and in our communities-and to inspire a movement to take back our time.

In Take Back Your Time, well-known experts in the fields of health, family therapy and policy, community and civic involvement, the environment, and other fields examine the problems of overwork, over-scheduling, time pressure and stress and propose personal, corporate and legislative solutions. This book shows how wide-ranging the impacts of time famine in our society are, and what ordinary citizens can do to turn things around and win a more balanced life for themselves and their children.

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