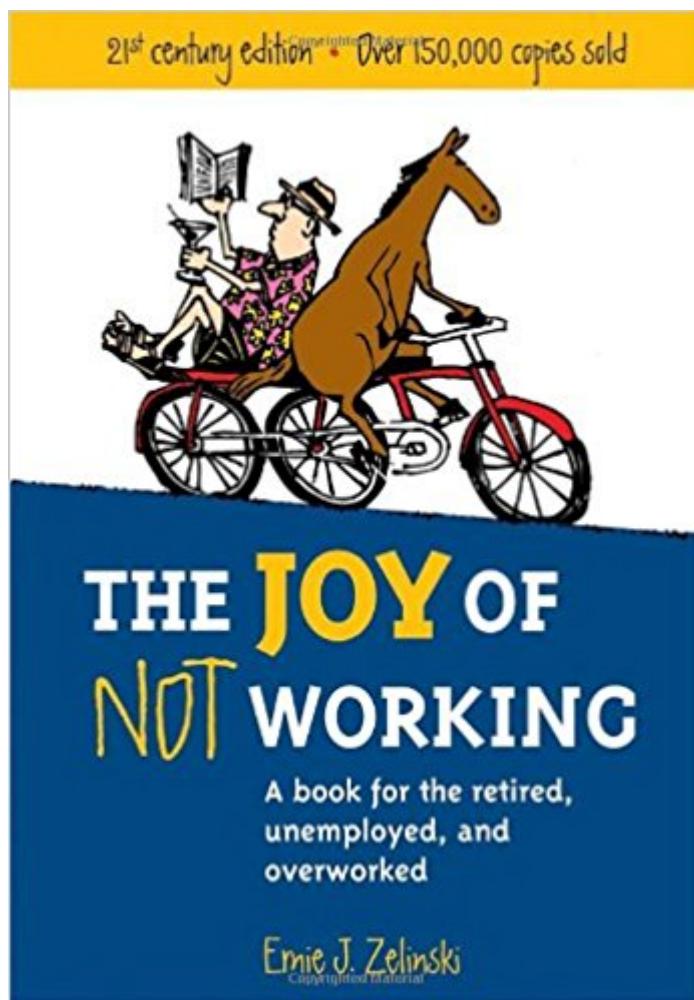


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# The Joy Of Not Working: A Book For The Retired, Unemployed And Overworked- 21st Century Edition



## **Synopsis**

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

## **Book Information**

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## **Customer Reviews**

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 alternate Paperback edition.

"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

It's obvious that the author enjoys not working. I don't argue against Zelinski's point the idea that North Americans place too much value on financial security at the cost of happiness, family, friends and years of our lives. However, he presents this notion with very little empirical data. The book is largely opinion. Zelinski's expertise appears to be that of a TV talk show host or a radio announcer that has a show where their title is doctor. This Dr. Phil approach of "they say" hammers home Zelinski's points again and again with little guidance or citing any specific studies. The book itself is 75% quotes, 10% lists, 10% opinion and 5% reliable data from science. Oh the quotes, everywhere quotes. A number of the quotes cited a book, but no author. Why is this, I wondered? They were other Zelinski books. This is the age of self-promotion, I guess. Still, it was strange. Furthermore, the version I recently grabbed from was filled with letters from fans. Seemingly the last quarter of the book is simply letters from fans that he has quoted into this most recent version of the book. At one point, Zelinski gives the reader an exercise to do some graphical brainstorming on a piece of paper. The goal is to list 50 activities you'd enjoy doing or trying. To get us started he fills many pages with over 300 ideas. Many ideas are duplicates and absolutely simplistic and ridiculous. Again, the idea of work/life balance is an important idea that I was hoping to explore. Personally, I felt this was less of a self-help book and more of a book of quotations. When it comes to advice, we must always take what works for us and leave the rest. Perhaps others who enjoyed

the book needed a swift kick in the ass to get them going. I'm happy that they found the book useful. Myself, I need the inspiration and much more practicality. Thus, I was not a fan of this work at all and do not see myself ever reading any of his other books.

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.

I loved this book as much as I have loved all of the material Mr. Zenlinski has written that I have gotten my hands on. The humor is the icing on the cake as the basic material will really make you think objectively about what work really is and why so many of us have massive difficulties quitting or coping with work. I have spent over 3 years reading, thinking, and discussing retirement issues and I found this material very inspiring. I have read many books and much, much Internet material on retirement planning and I have gotten far more deep insightful thinking started from Mr. Zenlinski's book than from the other material.

Love it! Great perspective on not working to make everyone else happy.

The book makes several good points and how to evaluate what you need to consider for a decent retirement. But it was way too lengthy for the material actually reviewed.

Bought this for my mom who is retiring. She loves it.

It is a nice read. It gives you something to think about. I won't be quitting my job, but I am reevaluating my money position and its value in my life. I keep trying to de-clutter my house and my life and this book confirms that we just don't need so much stuff.

Ernie does a great job at conveying his message. A little goofy at times perhaps, and written a bit tongue in cheek, but there is good value in his book. PS, check out his other book Retire wild .... & free, even better than this one. Go Ernie.

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