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THE **JOY** OF **NOT** WORKING

A book for the retired,
unemployed, and
overworked

Ernie J. Zelinski

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I don't argue against Zelinski's point the idea that North Americans place an excessive amount of value on financial security at the expense of happiness, family. It's obvious that the author enjoys not working. I've purchased several of his books and enjoyed them immensely. Nevertheless, he presents this idea with very little empirical data. The publication is basically opinion. So, I needed to do research. A number of the quotations cited a publication, but no author. I've been retired for approximately a calendar year and struggled sometimes with my new lease of life. I like working, and I love the camaraderie at the office, but this publication makes me think about just how much longer I will labor in the work. Oh the quotes, almost everywhere quotes. This Dr. How come this, I wondered? They were other Zelinski books. This is the age group of self-promotion, I guess. Still, it had been strange. I actually thoroughly enjoyed this reserve. These are just some of the thoughts that follow me from day to day. The target is to list 50 actions you'd enjoy doing or trying. To obtain us started he fills many pages with over 300 tips. Little punches like: "If you were to think that happiness can be bought, the trend is to try selling a few of yours" were great. Again, the idea of work/life balance can be an important proven fact that I was hoping to explore. Individually, I felt this was much less of a self-help reserve and even more of a publication of quotations. When it comes to advice, we must always take what works for us and leave the rest. At least that's what I inform my wife when I wish to read books for 3 hours on Sunday. I'm happy that they found the publication useful. Myself, I need the inspiration plus much more practicality. Thus, I had not been a fan of this function at all and don't observe myself ever reading some of his other books.

Inspirational and beneficial book about "loafing" and "goofing off" rather than working. This book can be an interesting read. The primary reason I enjoyed it had been that it certainly offered suggestions. Everyday I do some sort of exercise. This is a fun examine with visuals that help make the point. Almost every book I've go through says, stay the course and work as long as you can.. I use my amount of time in worthwhile pursuits. Who knows what the near future holds? The Joy of NO LONGER WORKING is a GREAT book! This book gave me a different perspective to consider and helped me to be OK with an increase of often enjoying the many, simple pleasures life provides and to appreciate those blessings. Without having a solid savings nest egg, a supportive spouse or spouse who's supporting you while living a life of leisure, there's Very little joy you should definitely working unless you want to be homeless! It displays the fallacy of this premise. Happiness isn't achieved through additional money, more intake and more work. Rather he advocates working much less or not at all and enjoying life even more. You can find so many items I wish to do and I cannot while functioning at a regular job. He advocates spending more time thinking and less time worrying. It really is an easy go through and one that We enjoyed. I wanted to give up my work after reading it. He makes a point that working isn't all that it is cracked up to end up being. The book itself is 75% quotes, 10% lists, 10% opinion and 5% reliable data from science. Ernie is definitely a mentor if you ask me in getting me to check myself and obtain it together! Furthermore, just because you retire doesn't mean you have to quit working you just get to just work at what you want to function at. I recommend this book for anybody fearful of retiring and quitting their work. He provides exercises which will make you think hard in what you really want when you're not working at employment anymore. Many of us are (or ought to be) bright more than enough to figure out our own life stability, but sometimes you will need a little push. This one will motivate you, also dare you, to give up and appearance at retirement rather than working because the best life to business lead. I liked it! Your Life IS ACTUALLY Not Over You retire and what? You get depressed and wish meds! Seriously, unless you have a dozen passions and hobbies, you are left looking at the calendar wondering when your colonoscopy is normally. No, this can't be all. Zelinski's knowledge appears to be that of a TV talk show web host or a radio announcer which has a display where their title is doctor.. I've examine several books now on retirement. It's foolish to say that it transformed my life. Nevertheless, it did put me on a route. Ernie's words gave me the direction I truly required. 1. I've also searched the net about them and followed several bloggers. 2. Who

understands how long they will live? (volunteer, read, classes)3. Uncover what you are good at. At one point, Zelinski provides reader an exercise to accomplish some graphical brainstorming on a bit of paper. This was an excellent purchase. Easy and enjoyable read Easy and pleasant read. Phil strategy of "they state" hammers home Zelinski's points over and over with little guidance or citing any specific research. After forty years of regular work it was easy to feel a little lost and that I will be more productive. Most people save up for a lifetime only to does it to their children. Enjoying time between jobs This is a great book. I have go through this before I quit my job and has helped me in recognizing that I needed to relax and revel in life. Not to function till I am in the hospital wishing that I could've done other things. Like taking period for my kids, as well as doing something challenging. Hopefully others will recognize that hard work will only make you sick and stressed. It's not that easy to shuck it all if you're too youthful to retire but society deems you too old to work (age 50+). like create my poems and take up additional real activities to enjoy life.

Three Stars Interesting Purchased Book From University Library Meant for 50 Cents! Most say that you want to guarantee you have enough money to make it the rest of your life. Provided it to my hubby when he retired. however, I am enjoying the extended vacation that I put myself on. Thank you for writing this reserve.. Relax and enjoy the FREEDOM. This is an excellent book that has insights for the young and old . Apparently the last one fourth of the publication is simply letters from supporters that he provides quoted into this latest version of the reserve.. This is a great book that has insights for the young and old combined. Retirement is usually a choice looming in my not too distant long term so I'm researching the professionals and cons of retiring now versus doing work for another couple of years. Historically, learning that the Protestant work ethic my forefathers passed on me was to blame felt relieving (and unnerving. The reserve encourages hobbies and attempts to prevent folks from having their entire identities tangled up in how they make a living. The story of the old person who dies immediately after retirement is sad, and can be prevented if people rediscover purpose within their life. This publication helps people do this, in a way it encourages life. Fun book I really enjoyed this reserve. Found this delightful reserve...>Really helped me loo at things in a different way for retirement. Function is your identification: I'm a '[insert job, job, career right here],' is what makes you feel like you. I recommend it. The message: Don't waste any more days slaving for a paycheck, carrying out work you dislike, with an employer who could care less If you are a workaholic, I'd get the book. How do you know? A good easy go through. To the critics: other testimonials have said there's insufficient step-by-step; This book transends political choice and seeks to greatly help ther person live a better life.) It is critical to end up being reminded that the Greeks felt the best aspiration was to productively make use of leisure time. Perhaps others who enjoyed the reserve needed a swift activate the ass to get them going. Many ideas are duplicates and certainly simplistic and ridiculous. The "Get-A-Existence" tree is something anyone over 20 should do. With so many things to understand and experiences to enjoy, it's best to start exploring right now to find out what you really want to ensure you can truly have a life well worth dying for. Individually, I'm an A-type hard charger, die at the table guy, and before reading this book, I would possess croaked over some badly finished hunk of hardwood. do this; get that; type of writing. It's a publication about changing your mindset and considering the world differently. Three Stars Not as good needlessly to say. Who understands what your health will be next year?. He LOVED it and it got him off the sofa and active again! I am searching for another job. My first thought while reading this publication was how is someone supposed to live the "Existence of Riley" and pay their bills, buy groceries, clothes, manage medical expenditures, travel, and so a great many other necessities of life while not working? The writer generated income by composing books, so he's carrying out something!. This book does the opposite. Life changing." I wish I could have read this book 15 years ago but here We am just turned 60 which book has leap started my entire life towards a fulfilling pension. He says it is possible to always "go back to work" but you may not obtain to travel, have a great time and spending some time in leisure actions in the event that you die before you get a chance. I don't argue

against Zelinski's point the idea that North Americans place too much value on financial protection at the expense of happiness, family, close friends and years of our lives." Just a little push to balance work & Furthermore, the version Not long ago i grabbed from Amazon was filled up with letters from fans. It was just the shot I required, as I had let my work existence take over my own life. I'm not really leaving my job, but I am implementing many fresh practices to balance factors out therefore i spend less time centered on might work life. It's a straightforward, fun read, packed with simple to perform exercises that obtain you considering "beyond the job". There are various other books out there that may give you a even more pessimistic perspective. This is the force and I'm on the path to a more balanced work/life arrangement. Thanks, Ernie:)



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