



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

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The typical American worker puts in nine weeks more on the job than his or her European counterpart. The costs of this overwork are enormous, both personally and societally. This bracing collection of essays is both a wide-ranging analysis of the phenomenon and a blueprint for change. With contributions by such notable names as Vicki Robin, author of *Your Money or Your Life*, and David Korten, author of *When Corporations Rule the World*, this book shows what ordinary citizens can do to restore balance to themselves and their communities. Take Back Your Time is the official handbook for Take Back Your Time Day, a national event rallying support for reclaiming a proper work-life balance.



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