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# Time Off For Good Behavior: How Hardworking Women Can Take A Break And Change Their Lives

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Take a Break and Change Their Lives



## Synopsis

Have you ever fantasized about taking time away from your overworked life? Nights uninterrupted by email? Days to pursue set-aside dreams? Do you promise yourself that âœsomedayâ• you will get a break? Mary Lou Quinlan had those âœsomedayâ• thoughts. But her hard-earned job as CEO of a New York advertising agency claimed most of her waking hours. Exhausted and losing motivation, she was so desperate she perversely imagined breaking her leg to get some time alone. Then, she declared a brief timeout. During her time off, she slept late, took walks, danced the salsa, kept a journal and ultimately, uncovered the roots of a new business. In the process, she rediscovered herself. Time Off for Good Behavior is the result of listening to women like her, who realized enough was enough. Quinlan tells no-holds-barred stories of dozens of women who sacrificed their health, relationships, their good humor and a good nightâ™s sleep until they found the courage to ask themselves if they were happy with the life they were living and made the decisions to take life-saving breaks. Mary Lou Quinlan explores the factors that compel you to work so hard and examines how to take back control of your life. She explores our unwillingness to give ourselves permission to rest so that we can re-imagine our futures. And she shows the powerful, self-fulfilling changes that can occur when we do decide to take that rest. Whether you contemplate leaving a career that took years to build or just need a long vacation to assess what you want next, youâ™ll find practical tools and bolstering advice throughout. Each chapter ends with provocative questions to help you plan your good behavior reprieve. Specific exercises on financial planning, advice for negotiating time off, and tools to uncover your passions make this a must-read for women who are ready for âœsomeday.â• Time off for Good Behavior ultimately shows that stepping away from everythingâ”even for a short whileâ”often means ending up with so much more.

## Book Information

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## Customer Reviews

As I was reading this book, I felt like I had met my soul mate. I, too, am a Type-A "good girl." ("You need this report by Friday, would Thursday be better?") Fortunately for me, I was forced into a sabbatical before I really knew that I needed one (and then, of course, spent the next two years struggling with the fact that I had my entire identity wrapped up in my job/career, that only now am I beginning to enjoy life). I was floored when Mary Lou wrote about being so tired that incurring enough injuries to require a stay in the hospital (without being life-threatening) seemed an attractive way to take a break from the craziness. That thought had crossed my mind more times than I would like to admit. If you're thinking about taking time off, or are so tired that you can't even think, then you might want to pick this book up. Even if you can't financially swing a sabbatical, it's helpful to understand that you are not alone in feeling overwhelmed with your life.

I thought this book was great. I loved the different perspectives that were woven into it -- including the psychology behind type A's, the variety of women's issues that were presented relating to work, life stage and lifestyle choices, and the impact this has on corporations. The actionable exercises at the end of the chapters were a great idea and can help women take the first steps towards assessing their own situations. Most of all, Mary Lou Quinlan acknowledged "taking time off for good behavior" was not easy, but the sharing of her own stories and her heartfelt honesty really makes this book a winner.

I have reviewed books for a major business magazine for over a year now, and I think this is one of the best I have seen. I worry, however, that the package makes this appear to be only for women. I think a lot of stressed-out men (particularly attorney friends of mine) will find some real inspiration and an action plan for taking control of what little life they have. Some may think this is all pie-in-the-sky stuff, but it's achievable with a little pragmatism. Read it and see if you don't agree.

I couldn't put the book down because of how much I related to the stories. Especially reading the early years of the author...the spelling bee's, wanting to be the best of the best at everything. As I was reading on the train, I heard myself say out loud, "me too!" I have so many friends who will see themselves in this book. Buying it for them.

This is a great read for anyone who might have forgotten there are roses out there - let alone take the time to smell them. Mary Lou Quinlan's writing style is so conversational, it's like you're having a cup of coffee with a friend. She takes you into her own life as well as into the lives of many others, which ultimately becomes an invitation to take a nice, fresh look inward. The book is filled with great anecdotes and experiences, poignant and pointed advice - and is even interactive. It offers you opportunities to explore, to create, and to examine life - your life - so that you can be inspired to live it fully and joyfully.

I recently read Mary Lou Quinlan's book and enjoyed it because at times, *Women Can't Do It All!* Being a mother, a spouse, taking care of the house and managing a career doesn't always provide women with the time to take a break and consider what we want for ourselves. This Sunday's NYTimes (business section) interview with Mary Lou Quinlan made me realize that this is a much bigger issue. We need to slow down, take charge of our lives and start *LIVING*, rather than racing.

Although we've all read a ton of inspirational books, this book finds a way into our hearts and minds like few others have. The reality is that we all want to do the right things in our lives but we sometimes just never find the time. Ms. Quinlan's attitude is full of good/smart heart-felt advice that I know many of us could benefit from. Definitely worth the read for both women AND men.

If you are a hard-charging, hard-working professional woman who takes her laptop to the beach, you will recognize yourself in *Time Off for Good Behavior*. I could identify with many of the Type A "good girl" women Quinlan describes. She's right on target. She makes you think about your daily life in a whole new way. And, after all, this is first step in making a change.

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