



Overwhelmed: Work, Love, and Play When No One Has the Time

By Brigid Schulte

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Can working parents in America—or anywhere—ever find true leisure time?

According to the Leisure Studies Department at the University of Iowa, true leisure is “that place in which we realize our humanity.” If that’s true, argues Brigid Schulte, then we’re doing dangerously little realizing of our humanity. In *Overwhelmed*, Schulte, a staff writer for The Washington Post, asks: Are our brains, our partners, our culture, and our bosses making it impossible for us to experience anything but “contaminated time”?

Schulte first asked this question in a 2010 feature for The Washington Post Magazine: “How did researchers compile this statistic that said we were rolling in leisure—over four hours a day? Did any of us feel that we actually had downtime? Was there anything useful in their research—anything we could do?” *Overwhelmed* is a map of the stresses that have ripped our leisure to shreds, and a look at how to put the pieces back together. Schulte speaks to neuroscientists, sociologists, and hundreds of working parents to tease out the factors contributing to our collective sense of being overwhelmed, seeking insights, answers, and inspiration. She investigates progressive offices trying to invent a new kind of workplace; she travels across Europe to get a sense of how other countries accommodate working parents; she finds younger couples who claim to have figured out an ideal division of chores, childcare, and meaningful paid work. *Overwhelmed* is the story of what she found out.

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Overwhelmed: Work, Love, and Play When No One Has the Time By Brigid Schulte Bibliography

- Sales Rank: #363651 in Books
- Published on: 2014-03-11
- Released on: 2014-03-11
- Original language: English
- Number of items: 1
- Dimensions: 9.26" h x 1.30" w x 6.32" l, .0 pounds
- Binding: Hardcover
- 368 pages



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Editorial Review

From Booklist

Journalist Schulte manages to take a fairly pedestrian topic, the value of leisure in modern American society, and turn it into a compelling narrative on work, play, and personal achievement. Liberally peppered with her own experiences as a wife, mother, and Washington Post reporter, this artful blend of memoir and cultural exploration asks hard questions about how to create a well-lived life. Is leisure a waste of time, or the only time to "live fully present"? Are we more concerned about a purpose-driven experience, or bogged down in "banal busyness"? Schulte, juggling the demands of children and work while facing conflicts with her spouse over familial responsibilities, realizes that she is mired in busyness. Her discussions with a wide range of experts clarify her concerns and open her mind to the manufactured madness of a competitive culture and the false promise of the ruthlessly dedicated "ideal worker." Schulte follows every lead to uncover why Americans are so determined to exhaust themselves for work and what has been lost in the process. For Lean In (2013) fans, and everyone who feels overwhelmed. --Colleen Mondor

Review

"Schulte takes a purely practical and secular approach to a question that philosophers and spiritual teachers have debated for centuries--how to find meaningful work, connection, and joy--but her research is thorough and her conclusions fascinating, her personal narrative is charmingly honest, and the stakes are high: the "good life" pays off in 'sustainable living, healthy populations, happy families, good business, [and] sound economies.'" - *Publisher's Weekly starred review*

"Overwhelmed is a superb report from the front lines of the sputtering gender revolution. Brigid Schulte takes up the perennial problem of women's 'second shift' with fresh energy and fascinating new data, effortlessly blending academic findings and mothers' lived experiences, including her own often hilarious attempts to be both the perfect parent and a successful full-time journalist. ... read this book!" - Barbara Ehrenreich, author of *Nickel and Dimed: On (Not) Getting By in America*

"Overwhelmed is a time management book that's not just about how to be more productive and effective--it's about the broad and fascinating role time plays in our emotional satisfaction, our physical health, and even our notions of gender equality. The more overwhelmed you feel, the more crucial it is to take the time to read this important book." - Daniel H. Pink, author of *Drive: The Surprising Truth About What Motivates Us*

"Every parent, every caregiver, every person who feels besieged by permanent busyness, must read this book. A new wave of research, experience, and insight is challenging deep assumptions about why we have to live and work the way we do. *Overwhelmed* is a wake-up call and an exhilarating prescription for change." - Anne-Marie Slaughter, president and CEO of the New America Foundation and author of "Why Women Still Can't Have It All"

"Why is life so insanely busy? What happened to 'leisure' time? Tired of the modern hamster wheel, Brigid Schulte set out to find a better way to live. Her voice is delightful, her findings surprising and hopeful. *Overwhelmed* is a passionate, funny, very human book that reads like a detective story." - William Powers, author of *Hamlet's BlackBerry: Building a Good Life in the Digital Age*

“Schulte takes a purely practical and secular approach to a question that philosophers and spiritual teachers have debated for centuries--how to find meaningful work, connection, and joy--but her research is thorough and her conclusions fascinating, her personal narrative is charmingly honest, and the stakes are high: the “good life” pays off in ‘sustainable living, healthy populations, happy families, good business, [and] sound economies.’” *?Publisher's Weekly starred review*

“*Overwhelmed*... brings a fresh perspective and needed insight into what's too often called the problem of the work-life balance.” *?Elle*

“An unexpectedly liberating investigation into the plague of busyness that afflicts us all.” *?The Washington Post*

“This artful blend of memoir and cultural exploration asks hard questions about how to create a well-lived life... For *Lean In* fans, and everyone who feels overwhelmed.” *?Booklist*

“An eye-opening analysis of today's hectic lifestyles coupled with valuable practical advice on how to make better use of each day.” *?Kirkus*

“Just reading the first chapter of *Overwhelmed* may be cathartic: as bad as it is... at least you're not the only one... *Overwhelmed* is Schulte's attempt to not merely survive but also unpack and analyze the quintessentially modern and increasingly universal experience of feeling utterly unable to cope. Putting her own crowded life (two children, thriving career) on the slab for dissection, Schulte tries to figure out how we got here and how we can get out of it.” *?Time*

“*Overwhelmed* is a superb report from the front lines of the sputtering gender revolution. Brigid Schulte takes up the perennial problem of women's ‘second shift’ with fresh energy and fascinating new data, effortlessly blending academic findings and mothers' lived experiences, including her own often hilarious attempts to be both the perfect parent and a successful full-time journalist. Before you embark on parenthood, before you volunteer to make cupcakes for a school party or stay up late to finish a fourth grader's science project--and definitely before you pick up another copy of *Martha Stewart Living*--read this book!” *?Barbara Ehrenreich, author of Nickel and Dimed: On(Not) Getting By in America*

“Reflecting on her meticulous research, searching her feelings, and renegotiating the division of emotional labor with her husband, Tom, Brigid Schulte offers us a well-written and timely book, both witty and wise.” *?Arlie Hochschild, author of The Second Shift: Working Families and the Revolution at Home*

“Beautifully written, with searing facts, engaging stories, illuminating history, and wry personal observations. A must-read by a truly perceptive author!” *?John de Graaf, editor of Take Back Your Time: Fighting Overwork and Time Poverty in America*

“Why is life so insanely busy? What happened to ‘leisure’ time? Tired of the modern hamster wheel, Brigid Schulte set out to find a better way to live. Her voice is delightful, her findings surprising and hopeful. *Overwhelmed* is a passionate, funny, very human book that reads like a detective story.” *?William Powers, author of Hamlet's BlackBerry: Building a Good Life in the Digital Age*

“*Overwhelmed* is a time management book that's not just about how to be more productive and effective--it's about the broad and fascinating role time plays in our emotional satisfaction, our physical health, and even our notions of gender equality. The more overwhelmed you feel, the more crucial it is to take the time to read this important book.” *?Daniel H. Pink, author of Drive: The Surprising Truth About What Motivates Us*

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book. A new wave of research, experience, and insight is challenging deep assumptions about why we have to live and work the way we do. *Overwhelmed* is a wake-up call and an exhilarating prescription for change.” *?Anne-Marie Slaughter, president and CEO of the New America Foundation and author of "Why Women Still Can't Have It All"*

From the Author

This is an accidental book, and surely friends who knew me growing up - and waited as I burst into places late, trailing shoes and socks or a toothbrush - guffawed heartily when they heard I was working on a book about time. It all started with a phone call. I was part of a group of journalists at the Washington Post asked to research why fewer and fewer women under the age of 50 were reading the newspaper. The journalists, all of us women, most of us caretakers of some kind - mothers, guardians for nieces and nephews, daughters of aging parents - figured women were just too busy. After all, we sometimes found it hard to find the uninterrupted time to read the very newspaper we worked for in the swirl of morning craziness. My assignment was to find the time study data to prove how busy women are. Knowing nothing about time research, I googled, "busy women time" and up popped someone by the name of John Robinson, one of the first and most eminent time-use researchers in the world. I called him up, expecting to find easy validation. Instead, he told me women like me had 30 hours of leisure time every week. And thus the journey began.

Users Review

From reader reviews:

Beatrice Pearson:

Book is to be different for every grade. Book for children until eventually adult are different content. As we know that book is very important for all of us. The book *Overwhelmed: Work, Love, and Play When No One Has the Time* seemed to be making you to know about other knowledge and of course you can take more information. It doesn't matter what advantages for you. The e-book *Overwhelmed: Work, Love, and Play When No One Has the Time* is not only giving you more new information but also to get your friend when you sense bored. You can spend your own personal spend time to read your guide. Try to make relationship together with the book *Overwhelmed: Work, Love, and Play When No One Has the Time*. You never truly feel lose out for everything if you read some books.

Valerie Bell:

This *Overwhelmed: Work, Love, and Play When No One Has the Time* book is just not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this reserve incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This specific *Overwhelmed: Work, Love, and Play When No One Has the Time* without we realize teach the one who studying it become critical in contemplating and analyzing. Don't possibly be worry *Overwhelmed: Work, Love, and Play When No One Has the Time* can bring whenever you are and not make your tote space or bookshelves' turn into full because you can have it in the lovely laptop even phone. This *Overwhelmed: Work, Love, and Play When No One Has the Time* having great arrangement in word as well as layout, so you will not experience uninterested in reading.

Sandra Black:

Are you kind of hectic person, only have 10 or perhaps 15 minute in your time to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are having problem with the book when compared with can satisfy your short time to read it because this all time you only find e-book that need more time to be study. Overwhelmed: Work, Love, and Play When No One Has the Time can be your answer as it can be read by an individual who have those short free time problems.

Sandra Forester:

This Overwhelmed: Work, Love, and Play When No One Has the Time is new way for you who has attention to look for some information since it relief your hunger info. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little bit of digest in reading this Overwhelmed: Work, Love, and Play When No One Has the Time can be the light food for you because the information inside this specific book is easy to get through anyone. These books acquire itself in the form that is reachable by anyone, that's why I mean in the e-book web form. People who think that in reserve form make them feel tired even dizzy this guide is the answer. So there is not any in reading a book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the item! Just read this e-book variety for your better life along with knowledge.

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