



# Take Back Your Time

John de Graaf

1. John notes a saying in the beginning of the interview which seems to be the theme throughout - Americans Live to Work and Europeans Work to Live. Do you think this is an accurate comparison between the two cultures? If so, what meaning does it have for you?
2. Over the years there has been a movement in some countries to pay more attention to Gross National Happiness than to Gross National Product. If that would happen here, how would it affect your attitude toward your business, if at all?
3. The author notes a number of studies and examples of shorter workweeks. If your organization is not already moving in that direction might it do so in the future? What would that look like?
4. In the 1930's Kellogg reduced the work week to 30 hours and paid for 35 (and later paid for 40) and noticed increased productivity. Why would that be so?
5. A significant portion of the interview focused on vacation time. What is the policy and actual practice of vacation time in your organization? For you personally? Could it be better? How so?
6. In the discussion on Health, John used the analogy of a house with the roof being Health Care and the four walls being Lifestyle, Stress Release, Connections (Relationships) and Environmental Health and Safety. Discuss your views on how Time affects each wall and what can be done in your personal world to improve.
7. Share with others what your organization is doing (or could do) to apply some of the concepts presented in this interview regarding time and work.
8. What was the most significant idea you gained from this book or the interview with the author?

To listen to the Bookends interview go to: <http://www.bookendsbookclub.net>

