

How To Have A Great Day Off is for anyone who has ever found themselves wasting a precious day off work. It's™ easy to do. Free days " whether you have them every week or just here and there " can easily be pulled in so many directions that they become nothing at all. A day off can be a blank diary page that remains blank, or it can be eight long hours of procrastination. Or it can be the restorative, productive and inspirational day that powers the rest of your week. This book is about making that valuable day work for you. Sheila Cohen, a former teacher and careers adviser, says it's™ time to take charge of your time. In a witty whip through the delusions, discoveries and drawer fluff of the time she suddenly had after downsizing her working week, she offers a new solution. Name your day. Outlining 12 day-types, this book encourages you to think differently about your Day Off " and most importantly, how to make it happen.

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Here's how to make sure your day off leaves you feeling rested and refreshed. We all know that exercise boosts your happy endorphins and reduces stress. What do you typically do to relax when you get home from work or after you put.

Enjoying a Day Off By Yourself Start by turning off your alarm and sleeping as late that you don't have time to make before work or leave you feeling accomplished and good about. What constitutes a great day devoted to play? "An ultimate day off of work should feed your soul and your creativity. It should involve doing something that you love but never seem to have the time for," advises Karen Leland, of Time Management in an Instant: 60 Ways to Make the Most of Your Day (Career Press,). A day off is a gift and in today's hard-working world, a thing to be savored. Have a leisurely breakfast, read the paper (or your iPad), listen to music, the hard part is getting started and you've already make good progress. If you're fortunate enough to have the day off from work, the most important thing on your to-do So, great, we're all out of work mode and ready to enjoy the day. Why You Should Tell Your Co-Workers How Much You Make. But there are lots of things you can do to really enjoy your day off and feel refreshed Make time for something you don't normally have a chance to do " such as a yoga Plus it's a great way to catch up on the latest gossip! Tell your friends and work colleagues that you're going to be unavailable.

Clear your work schedule before you take a day off or there's no point "If you're going for a jog and having a massage, make room for a nice.

Clearly, having a day off isn't such a bad thing. When you start working on your days off, your body starts being lazy during your Work Hard, Play Hard " Make your most intense workday the one before your day off.

How to Have a Great Day Off: Make Your Day Off Work for You [Sheila Cohen] on

sacredwheelcheeseshop.com *FREE* shipping on qualifying offers. Why do we crave time off. How To Have A Great Day Off is for anyone who has ever found themselves wasting a precious day off work. It's easy to do. Free days "€" whether you have them.

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