

"Take Back Your Time Day" Is Coming

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By Norma Schmidt, Coach, LLC

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October 24 is Take Back Your Time Day.

On that date, Americans will have worked the same number of hours that Europeans typically work in a whole year. In other words, Americans work nearly nine more weeks per year than their European counterparts.

A U.S. and Canadian initiative, Take Back Your Time Day, draws attention to the twin problems of overwork and "time poverty." Organizers say the number of hours Americans spend working has risen dramatically over the last 30 years.

Consider these items from the "Take Back Your Time" handbook:

- * Between 1979 and 2000, married couples aged 25–54 saw their total number of hours of paid work rise by 388, about 12 percent.
- * Almost 40 percent of workers put in more than 50 hours per week.
- * 26 percent of American workers don't take any vacation time.
- * Since the 1980's, work hours have risen by about half a percent annually.

Experts say "time poverty" is hurting our marriages, our physical and mental health, our civic life, our kids and the environment.

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Maybe you feel the pressure: Having too little time to exercise or prepare healthy meals.

Being electronically leashed to your job when you crave a chance to relax. You or someone in your family putting in ever longer hours at work for fear of being "downsized."

Then there are the more subtle signs. Ever notice the way getting time with friends requires searching your calendars to find a small patch of mutually available time weeks away? Or maybe your dog looks under-exercised and lonely.

It wasn't always so.

Around 1900, American working hours had long been declining, and economics books and articles predicted the continuing expansion of leisure time, writes leisure scholar Benjamin Hunnicutt.

In the 1920s, Hunnicutt states, Julian Huxley said in a speech that a two-day work week was inevitable because "the human being can consume so much and no more...." In the 1930's, economist John Maynard Keynes observed that "when we reach the point when the world produces all the goods that it needs in two days, as it inevitably will...we must turn our attention to the great problem of what to do with our leisure."

I was amazed to learn from Hunnicutt that the Kellogg cereal factories began a 6-hour workday in the 1930s. Productivity rose, workers lavished time on their families, and commercial recreation and nonprofit organizations flourished.

Yet, here we are, 70 years later, with complex economic, political and cultural realities leading to ever-shrinking windows of time for nurturing ourselves and our ties to each other.

What to do?

On one hand, activists suggest, you could respond as an individual. You might:

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- * Schedule once-a-week or once-a-month family times.
- * Keep a "time diary" to raise your awareness of how you spend time.
- * Write to your newspaper about time poverty.
- * Organize a civic or religious gathering to discuss time issues.
- * Claim a block of time for cooking slow food, cuddling your pets, making music or photographing something beautiful.

Or, you can join with an organization. Advocacy groups around the country are organizing teach-ins, conferences and discussion groups about overwork and time poverty. A new "It's About Time" Coalition is bringing overwork to the attention of candidates for public office.

To learn more, visit www.timeday.org and www.worktolive.info.

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Norma Schmidt, Coach, LLC, specializes in helping women who are both professionals and parents to create balance. Visit <http://www.NormaSchmidt.com> to subscribe to her free newsletter or sign up for a free sample coaching session.

Tips to Maintain your Website to Keep Visitors Coming Back

By Charles Nixon III

When you design a website you should create it so that your visitors are constantly coming back for more. In order for you to keep your visitors coming back you need to keep up with maintaining your website, and offering things that will keep your visitors busy.

Tip #1

Keep your visitors coming back. Well, how do you do this? You can start by creating a forum. This will allow your visitors to interact with each other and meet new people.

Next you may want to create a page, or a topic on your forum based on new content that you add. This will keep your visitors up to date on what your doing around your website.

Also you may want to create a news letter. A news letter could contain many things. You can write tips and tricks articles, you can use it to tell your visitors what's new on your website, you can offer special deals, and much more with a newsletter.

Tip #2

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Build a strong network of incoming links. Incoming links are a very important object in the search engine game. If you don't constantly increase the number of links coming into your website you will start to lose your high ranks on search engines. Or you may not even be able to obtain high ranks if you are just starting out.

When you start getting incoming links you should create some way to keep track of these websites. Document them somehow in a word document, on a webpage, or in an excel document. Check back on these links regularly to make sure they still have your link on their webpage especially if your linking back to their website.

Tip #3

Monitor your website statistics. This should be a thing you do on a weekly basis. Find a company that will either give you a report on who's visiting your website, and where. Or use your existing hosting company's service (if they offer one).

When monitoring your statistics you want to see where your visitors are going the most. Try and use these statistics to your advantage. If they are going to your article directory more than they are your forum you will want to spend more time increasing your article directory rather than monitoring your forums.

Charles Nixon – Website Designer. Driven by Creativity. Building websites to increase sales, and web presence. Did you start your business to create a website? Or to run your business?

may be the web design firm for you! Competitive prices and your project delivered on time and on budget.

Tips to Maintain your Website to Keep Visitors Coming Back

Reality Testing & Emotional Intelligence

What Being Vs Doing Really Means

Is It Possible To Make Money Online?

Reasons Why You Should Have A Weblogger Installed On Your Web Site

Making money at online auctions

Joomla Magic

Note Pops

Profitable Crafts Vol 3

How To Overcome Snoring and Sleep Apnea

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