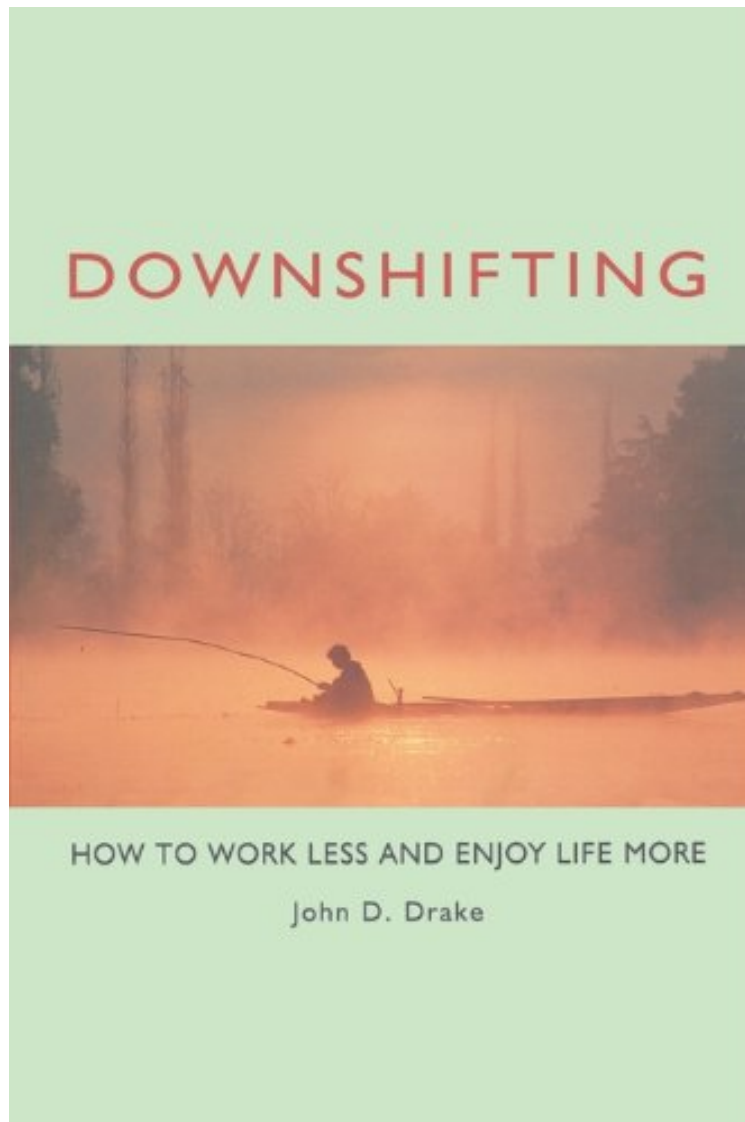


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Downshifting: How to Work Less and Enjoy Life More

John D. Drake

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John D. Drake : Downshifting: How to Work Less and Enjoy Life More before purchasing it in order to gauge whether or not it would be worth my time, and all praised Downshifting: How to Work Less and Enjoy Life More:

0 of 0 people found the following review helpful. So Relevant to Today's Retirees By Dr. Kimberly A. Folsel If you're contemplating retiring in the next five years, now is the time to downshift, to take your life down a few notches. Downshifting on your own terms is a far better choice than being forced to change your life because of financial woes. While this book has insights for any age, seniors could benefit the most from its proposals. 2 of 3 people found the following review helpful. Wonderful book to help those who wish to get off (or at least slow down) the treadmill By Mark I got a lot out of this book. If the author is reading these reviews I would like to thank you personally

for writing this book. Sometimes it was spooky how much it seemed like it was written directly to me. Thanks to this book I have already started downshifting. For the first time in YEARS I have not worked on the weekend for four weeks and counting. I feel much more relaxed and I am looking forward to spending more time with my wife and daughter this summer. For those of you interested in downshifting there is another book that is excellent as well and I recommend it 110%. The title of that book is "Your Money or your Life" by Viki Robin. If you feel like you are on a treadmill that keeps spinning faster and faster and you don't know how to get off, or at least slow it down a little, these two books will help. 6 of 8 people found the following review helpful. It is mostly for people working in corporations. By Viki I guess it would be a perfect book for someone working in corporation, as it offers a lot of advices on how to deal with corporate culture. However, at my place of work (I work at the university) a lot of ways to downshift discussed in this book are already available for me. The only chapter that was interesting for me was the last one, about the ways to enjoy life more.

Who has never wished to step off the ever-accelerating treadmill of work, just to gain some kind of balance in life? Downshifting is a practical, hands-on guide that actually shows how to move from the fast track to a more satisfying, healthier, less work-focused lifestyle. John Drake, himself a former high-level executive who chose to downshift, details a wide range of realistic, doable alternatives to a work-dominated life. He guides readers through all they need to know and do to make a good living, yet find more free time for themselves and those they care most about. Organized by level of risk—from such low-risk steps as simply changing work style to bold actions, such as flextime, lateral or downward moves, and shortened work weeks—this book is the first to really show how to put specific downshifting options into action. Using real-life stories of people who have successfully downshifted, Drake reveals how to get past the wistful dreaming and hand-wringing stages to taking decisive, thoughtful steps for implementing real change in your work-life. Step by step, the author walks the potential downshifter through all the stages of preparation, from examining personal fears and psychological readiness for change to analyzing the impact on loved ones and personal finances. And for those ready to initiate downshifting changes, he provides practical strategies and specific guidelines for selling downshifting plans to the organization, including vital information for determining the approach, timing, and presentation of a downshift proposal. Should the organization reject your downshifting plan, Drake shows how to leave bridges unburned, regroup, and wisely assess your alternatives. For readers just beginning to contemplate a work-life change or those eager to downshift, Downshifting provides the guidance, tools, encouragement, and proof needed to create a more balanced, relaxed, and fulfilling life.

From Booklist Drake offers practical advice to today's workers who dream of turning their hectic lives into something more peaceful. It took Drake only 15 years to build his own human-resources consulting firm into the largest of its kind in the world before he sold it to Harcourt General and "walked away." Now he counsels others on how to make the same move—even if they don't have the proceeds from the sale of a company to live on. Drake is also a psychologist, and he documents the heavy mental and physical toll extracted by a life on the fast track. He suggests simple, low-risk downshifting options that are as basic as taking a walk during lunch; these steps allow harried workers to make more time for themselves. Drake also identifies bigger moves, such as adopting a flextime schedule, taking gradual retirement, or requesting a lower level job within the organization. He recommends strategies for convincing employers of the benefits of such changes, and he offers tips on how to cut the ties if the boss says no. David Rouse Copyright copy; American Library Association. All rights reserved From the Publisher WHO HAS NEVER WISHED to step off the ever-accelerating treadmill of work, just to gain some kind of balance in life? Downshifting is a practical, hands-on guide that actually shows how to move from the fast track to a more satisfying, healthier, less work-focused lifestyle. John Drake, himself a former high-level executive who chose to downshift, details a wide range of realistic, doable alternatives to a work-dominated life. He guides readers through all they need to know and do to make a good living, yet find more free time for themselves and those they care most about. Organized by level of risk—from such low-risk steps as simply changing work style to bold actions, such as flextime, lateral or downward moves, and shortened work weeks—this book is the first to really show how to put specific downshifting options into action. Using real-life stories of people who have successfully downshifted, Drake reveals how to get past the wistful dreaming and hand-wringing stages to taking decisive, thoughtful steps for implementing real change in your work-life. Step by step, the author walks the potential downshifter through all the stages of preparation, from examining personal fears and psychological readiness for change to analyzing the impact on loved ones and personal finances. And for those ready to initiate downshifting changes, he provides practical strategies and specific guidelines for selling downshifting plans to the organization, including vital information for determining the approach, timing, and presentation of a downshift proposal. Should the organization reject your downshifting plan, Drake shows how to leave bridges unburned, regroup, and wisely assess your alternatives. For readers just beginning to contemplate a work-life change or those eager to downshift, Downshifting provides the guidance, tools, encouragement, and proof needed to create a more balanced, relaxed, and fulfilling life. About the Author John D. Drake currently serves as chairman of the board of Drake Inglesi Milardo, Inc. Before creating this

firm, Drake founded and served as CEO of Drake Beam Associates, Inc. (now Drake Beam Morin, Inc.), the world's largest human resources consulting firm (200+ offices in 43 countries). John Drake chose to downshift and sold his firm to a major publishing company. Over the past thirty years, Drake served as consultant to America's Fortune 500 companies, including ATT, Atlantic Richfield, Citibank, GTE, Prudential Insurance, Warner-Lambert, and the World Bank. He is well known in corporate circles as a psychologist, consultant, speaker, and author. Drake has served as trustee for the University of New England. He holds a Ph.D. in counseling psychology from Case-Western Reserve University, an MA in psychology from Fordham University, and a BS in economics and psychology from Rutgers University. Drake has been awarded diplomate status by the American Board of Examiners in Professional Psychology. Earlier in his career, Dr. Drake was the director of psychological services for Dunlap and Associates and director of management development for Allied-Signal Corporation. John and Dee Drake were married in 1952 and have four sons. They divide their time between Maine and Florida.