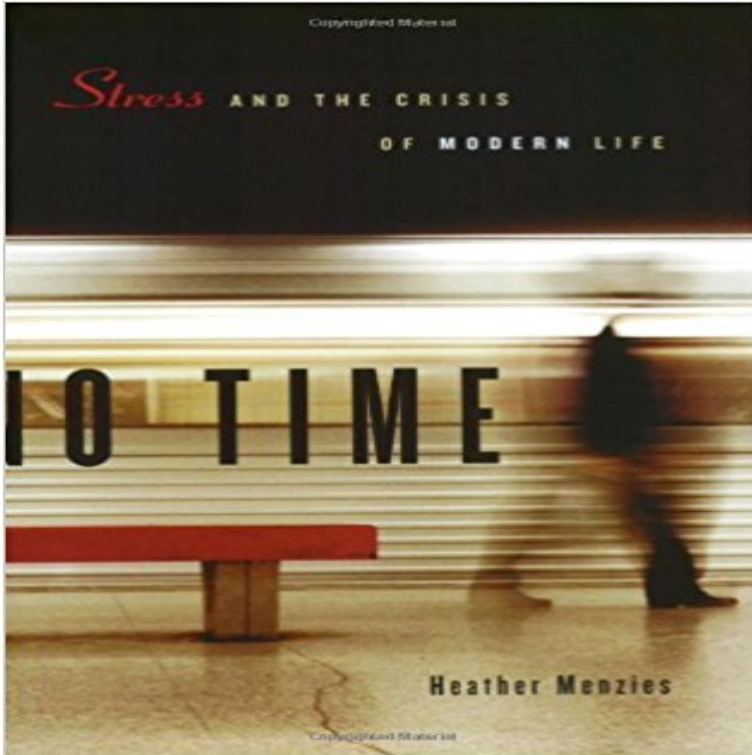


No Time: Stress and the Crisis of Modern Life



Everyone agrees: there aren't enough hours in the day. But what happened to the promise that technology would provide more leisure time? Instead, everyone is working harder and longer than they did 15 years ago, squeezed and scattered and stressed to the point of burnout. Coping with the dizzying pace of a society drowning in information overload, it's a wonder anyone functions normally. Building on the success of *Whose Brave New World?* and *Fastforward and Out of Control*, Heather Menzies takes readers on a sobering tour of this troubling phenomenon, highlighting personal stories from a workaholic father and a woman suffering from chronic fatigue. Menzies details the root causes of the frantic quest to speed everything up; looks at the especially difficult situation for those such as teachers, nurses, and social workers who are responsible for social well-being; and offers commonsense solutions to a problem affecting all of society.

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