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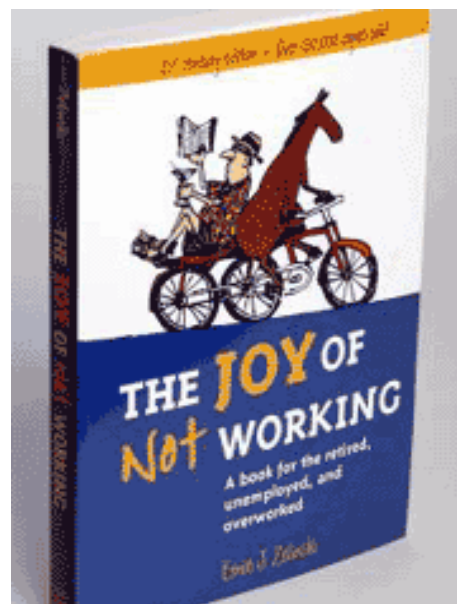
THE **JOY** OF **Not** WORKING

A book for the retired,
unemployed, and
overworked

Ernie J. Zelinski

An E-Book Liberated from the International Bestseller

The Joy of **NOT** Working

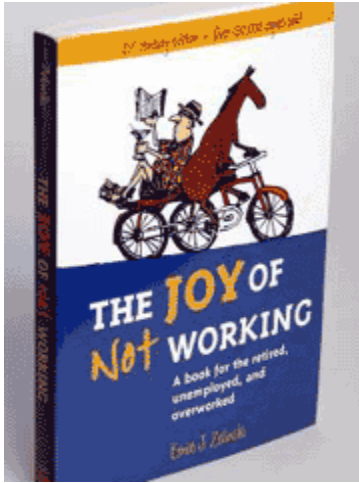


**A Book for the Retired,
Unemployed, and Overworked**

by

Ernie J. Zelinski

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Preface

This book can make you a winner. *The Joy of Not Working* has now been published in seventeen languages and has sold over 225,000 copies worldwide. Although the last edition was still selling well, I have updated it to make it more appropriate for the twenty-first century. I want to thank Phil Wood, Kirsty Melville, and Meghan Keeffe at Ten Speed Press for making the new edition possible.

Not only has the content been updated, a new section has been added at the back: a collection of some of the more interesting letters that I have received from readers since the last edition was published in 1997. I believe that you will find these letters just as inspiring as the material that I have written, if not more so. Moreover, I have inserted a few letters throughout the book. I want to thank the individuals who wrote these letters; they have contributed immensely to this book.

Unlike most how-to books on winning, this book is not about winning at a job or making money. Nor is it a book about winning at competitive games. It is about winning when you aren't working, in a way that is not competitive, but still very rewarding.

You're a winner when you have a zest for life. You're a winner when you wake up every morning excited about the day. You're a winner when you enjoy what you're doing. And you're a winner when you pretty well know what you want to do with the rest of your life.

My father taught me to work,
but not to love it. I never did
like to work, and I don't deny
it. I'd rather read, tell stories,
crack jokes, talk, laugh—
anything but work.

—Abraham Lincoln

Whether you are retired, unemployed, or working, you can use *The Joy of Not Working* as a practical and reliable guide to create a paradise away from the workplace. Because all of us need reminders from time to time about the obvious and the not-so-obvious, we can all use a handy guide on how to enjoy life more.

This book is the result of my education—an education that has nothing to do with the curricula in place at schools and universities. I acquired this education through my personal experiences, far removed from my formal education.

At the age of twenty-nine, I embarked on a new career. Having lost my job, I decided that I wanted to be a creative loafer for a year or so. Although my new career was supposed to be temporary, I have yet to return to a regular job.

In my last traditional job, I allowed myself to be imprisoned by a system that wasn't designed for free spirits. For almost six years, I worked for a government-owned utility, where I was hired to work from nine to

five. The nine-to-five job was more often an eight-to-six job with weekend work, mostly without extra compensation.

Having skipped vacations for over three years, I decided to spend ten weeks away from work one summer. Aside from the fact that I did not have approval from my superiors, this was a great idea. In short, I truly enjoyed those ten weeks. Despite my ingenuity in coming up with the idea, I was fired from my job as a professional engineer. The verdict was that I had violated company policy by taking the extended vacation.

What's the use of being a genius if you can't use it as an excuse for being unemployed?

—Gerald Barzan

Obviously, my superiors didn't like what I had done. Regardless of my high performance evaluations and my lengthy period without a vacation, the company terminated my employment shortly after I returned to work. I am not sure whether my termination was solely due to my violating company policy. Perhaps my superiors were envious of how much I enjoyed myself during my extended vacation. After all, many supervisors—particularly those employed in government—don't like dealing with subordinates who are not only creative workers, but also creative loafers.

Not surprisingly, for the first few weeks I was bitter about being fired. Having been a dedicated and productive worker, I had made many important contributions to this company. No doubt a great injustice was committed when they fired me, a valuable employee.

A big turning point for me occurred the day I realized my firing was a blessing in disguise. Not only did I admit I wasn't an indispensable employee, but I also lost interest in a regular nine-to-five job. I decided to spend as much time as possible away from the workplace, particularly in summers. A normal job was now out of the question. What's more, my career as a professional engineer was over.

For the next two years, I didn't work at all, nor did I attend any educational institution. My overriding purpose was to be happy without a job. All things considered, I succeeded.

What did I do during this period? Although at times I had very little



Mr. Zelinski, Harvard University, always thankful for all major contributions to society, today would like to grant you the honorary degree of Doctor of Leisure.

money, I lived what I consider to be a truly prosperous life. I engaged in constructive and satisfying activities too numerous to mention. Above all, I made a celebration out of being unemployed. I grew as a person and went through a transformation of my values. In my view, during those two years I truly earned my Doctorate in Leisure. Alas, no university has as yet granted me this degree.

After two years of total leisure, I decided from then on, if at all possible, not to ever work in any month without an “r” in its name. After all, in North America, May, June, July, and August are most suited for leisure activities. Because I enjoy my freedom, I have successfully avoided a regular nine-to-five job for over two decades. For all intents and purposes, I have been in temporary retirement or semiretirement since I was in my late twenties.

Leisure is the most challenging responsibility a man can be offered.

—William Russell

Over the years, many people have asked me how I am able to utilize so much leisure time without getting bored. This made me realize that many individuals have problems attaining satisfaction in their spare time. It also occurred to me that very little had been written on how to manage and enjoy leisure time. That is when the idea for this book was conceived. My premise is that anyone can learn how to fill spare time with constructive and exciting activities. It follows that a book on how to enjoy leisure time can help many people.

Throughout this book, I share my thoughts about how to lead a leisurely life, often using my experiences away from the workplace as examples. To give a broad perspective on how to be happily unemployed or retired, however, I don’t draw only from my own experiences.



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The greater part of this book is the result of studying and listening to the stories, experiences, and aspirations of other people.

You will find that this book isn’t highly academic in nature. I avoid great detail and academic jargon, because these simply don’t appeal to

most readers. The format includes text, exercises, cartoons, diagrams, and quotations to appeal to the many learning styles of different individuals. The many positive comments that I have received in hundreds of letters from readers have confirmed that this format works best in getting my message across in an interesting and entertaining way.

*He enjoys true leisure
who has time to improve
his soul's estate.*

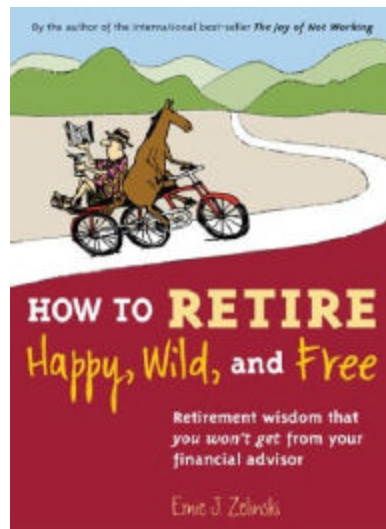
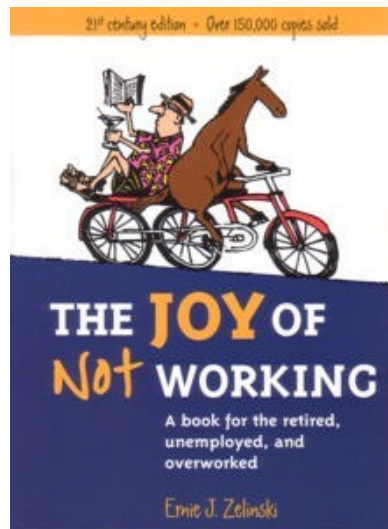
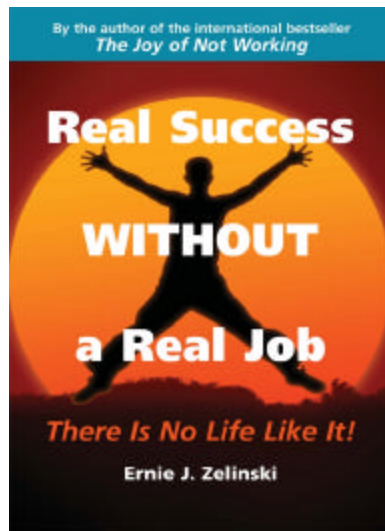
—Henry David Thoreau

If you want to add to the variety, tone, and quality of your life, you should find this book a valuable asset, as have tens of thousands of people throughout the world.

Based on the responses of readers, I trust *The Joy of Not Working* will entertain, challenge, influence, or motivate you in more ways than one.

“The Life of Riley,” a popular expression for decades, denotes a good life. A person living the Life of Riley is satisfied and happy. This book is about how you can live the Life of Riley, whether you are retired, unemployed, or working. What it takes to live the Life of Riley may surprise you, however.

Three Life-Changing Books by Ernie J. Zelinski



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You Too Can Live the Life of Riley

A Grand Time to Loaf

On the second day of his visit to a large city, a wealthy and somewhat eccentric traveler encountered six panhandlers whom he had seen soliciting money the previous day. The panhandlers were now all lying in the sun, obviously taking a break from the responsibilities of their chosen profession. The panhandlers looked up curiously as the traveler approached.

The traveler decided to have some fun. He offered \$1,000 to the panhandler who could prove that he was the laziest. Hoping to claim the prize, five of the panhandlers jumped up to take part in the contest. Each one proceeded to demonstrate in varying ways—such as by sitting down while soliciting money from tourists—how much lazier he could be than his colleagues.

*I am a friend of the working-
man, and I would rather be
his friend, than be one.*

—Clarence Darrow

After an hour, having watched the five competitors with amusement, the traveler made his decision and awarded the \$1,000. He concluded that the sixth panhandler, who had refrained

from the competition, was definitely the laziest. The sixth panhandler had remained lying on the grass, reading a paper and enjoying the sun.

There is a moral to this story: not working, when you can enjoy yourself loafing, has its rewards.

This book is about the many pleasures that you can experience away from the workplace. If you are retired, you will learn how to manage and enjoy your unlimited leisure time. If you are temporarily unemployed, you will learn how to enjoy your leisure time and be happy without a job until you find one. And if you are employed, you will learn how to enjoy your limited spare time and create some more if you want more. You may even quit your job, never to work again.

In short, regardless of your situation, you can get more satisfaction and pleasure away from the workplace by reading this book. Welcome to the joy of not working.

Leisure: The Opposite of Work, but Not Quite

“How do you define leisure?” This is an interesting question, but one that is difficult to answer. It was posed to me by a participant in a leisure-planning seminar that I presented at a Canadian Association of Pre-Retirement Planners’ conference.

Unable to give a definite answer, I decided to utilize one of my many principles of creativity—give the problem away. I asked the other seminar participants how they define leisure.

After a great deal of discussion, we arrived at a consensus. The definition that we created was: “Spare time over and above the time required to provide the necessities in life.” Luckily for me, the definition was adequate for us to continue the seminar.

Nonetheless, this definition can lead to another interesting question: “How do you define necessities in life?” Eating may be a necessity, but casual dining for an hour or two at a bistro is a pleasure. Indeed, casual dining is one of my favorite leisure activities. Yet to some, eating is always a necessity, one that interferes with their other pursuits in life.

Later, I looked up the definition of leisure in several dictionaries. Dictionaries commonly define leisure in such terms as “time free from required work, in which one may rest, amuse oneself, and do the things one likes to do.”

DICTIONARY

lei-sure (le'zher or lezh'er), n.

1. the opposite of work but not quite.
2. somewhat of a paradox.
3. what a person does living the Life of Riley.—adj. and adv.

lei'sure-ly.

lem-on (lem'un) n. 1. a small tropical fruit with pale yellow skin and very acid juice; 2. the tree, related to the orange, which bears this fruit; 3. a pale yellow color.—adj.

lem-on-ade (lem'un-ād) n.

a drink of sweetened water flavored with lemon juice.

So where does eating fit into the dictionary definition? Is eating work? Is eating leisure? Or is eating something altogether different?

I wasn't about to take the time to locate the people responsible for the dictionary definition of leisure to see if they could clarify this confusion. I suspected they couldn't.

I hate definitions.

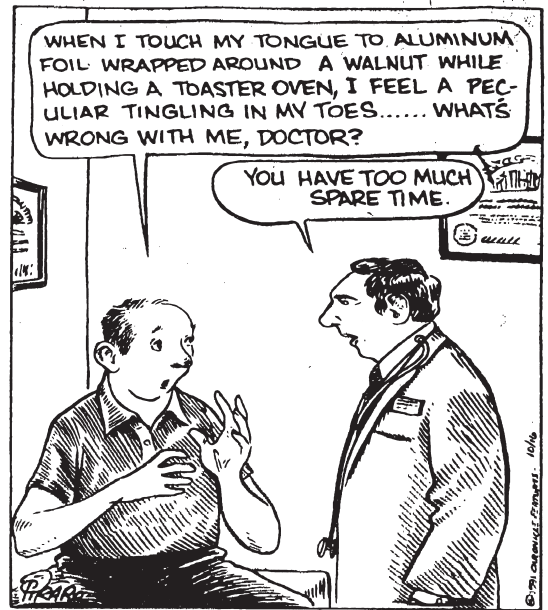
—Benjamin Disraeli

After pondering this question for some time, I was still a little puzzled. How can I define leisure to prevent the potential for endless questioning in my seminars? I just want to present my ideas on how to enjoy leisure. I don't want to be a philosopher, determining whether eating is leisure or leisure is eating.

Eventually I decided that the purpose of my seminars (and this book) is not to establish a universal and perfect definition for leisure. Leisure will always mean different things to different people. Loosely defined, however, leisure is the time an individual spends away from work to do the things he or she wants to do.

Ultimately, it is up to you and me to define work and leisure for our personal needs. Moreover, it is up to you and me to find out what we, as unique human beings, want to do in our spare time. Of course, we also have to actually do what we would like to do.

Doing what we want to pursue in our leisure time is easier said than done. An interesting paradox arises: Leisure is about not working; in order to attain satisfaction from our leisure, however, we have to "work" at it. Weirdly enough, leisure is the opposite of work, but for it to be enjoyable, it requires a great deal of effort.



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The Illusions of Leisure, Retirement, and Lotteries

By choice or by chance, all of us, sooner or later, will have to learn how to utilize and enjoy leisure time. No doubt what we do with our spare time will determine the quality of our lives.

Because it was once a rather rare commodity, leisure was considered a luxury for many centuries. Only recently has leisure become abundant

enough that some people are able to enjoy it for decades, particularly when they retire.

Leisure in great measure is the ultimate goal of many people throughout the world. Everyone desires at least a certain amount. Some people, in fact, claim their goal is to have nothing but leisure on their hands. They want to live the Life of Riley. Even so, most aren't prepared for handling unlimited leisure time. Sustained leisure has become a

burden to many, even those who are healthy and in a financial position to never work again.

Whether we find our jobs exciting and stimulating or boring and depressing, many of us are in for a big surprise when confronted with an increase in spare time. Most of us

It is paradoxical but nonetheless true that the nearer man comes to his goal to make his life easy and abundant, the more he undermines the foundations of a meaningful existence.

—Franz Alexander

reserve the enjoyment of leisure for the future; often the future arrives too soon. When we retire or are laid off, we end up with much more spare time than we are accustomed to handling.

Various studies confirm that many people have difficulty in effectively utilizing their spare time. For example, one study by the U.S. Department of Commerce reported that only 58 percent of people were experiencing “a great deal” of satisfaction from how they spend their leisure time. This means that 42 percent of individuals could use substantial help in enhancing the quality of their leisure. Even some of the people who are getting a great deal of satisfaction may not be experiencing as much satisfaction as they would like. Many of these people probably could use some help as well.

Most of us will spend the greater part of our adult lives working. Taking into account getting ready for work, commuting to work, talking about our jobs, and worrying about getting laid off, we will have spent more time during our working lives thinking about work than thinking about all our other concerns in life.



Many of us also spend a great amount of time thinking about how great life will be when we don't have to work anymore. Indeed, many dream about how much better life will be with much more leisure time. When I worked as an engineer, I was amazed (and dejected) at how much time engineers and technicians in their twenties spent talking about the potential size of their pensions and all the activities they could pursue in retirement. Although I too was in my twenties, I had more interesting subjects to discuss with others. (If you are interested in what they were, buy me dinner, and we'll have a most interesting conversation.)

He lacks much who has no
aptitude for idleness.

—Louise Beebe Wilder

As a matter of course, society leads us to believe that retirement and happiness are one and the same. Retirement is supposed to be the great escape from the stresses inherent in most jobs, a time to experience a fulfilling life derived from many enjoyable and rewarding activities. Unfortunately, this is not the case for everyone who retires.

Embarrassingly, I admit that until my thirties, I, not unlike most baby boomers, was influenced by society's programming as to what constitutes the good life. I believed that increased leisure was something everyone looked forward to and enjoyed when they took a long sabbatical or retired. Soon after, I realized that it is often dangerous to go along with beliefs that most people adopt—about the good life or otherwise. Indeed, the masses are frequently wrong. The problem is that the finer things in life often turn out far different from what society's influential factions lead us to believe they will be.

Winning a major lottery, for example, is supposed to immeasurably enhance our lives. Most of us have no doubt that becoming a millionaire will enable us to experience the Life of Riley that we have always dreamed about. The Life of Riley with no work and all play is supposed to be not only trouble-free, but also satisfying and happy. Not all evidence supports this notion, however.

For their book, *Suddenly Rich*, Jerry LeBlanc and Rena Dictor LeBlanc studied several wealthy people who had acquired sudden fortunes. The LeBlancs found most people with unlimited leisure time on their hands weren't very happy. After having been subject to a mandatory work routine for so long, these people had trouble dealing with days totally lacking in structure and purpose. "I really miss that truck driving job," admitted a New York resident who had won a major lottery and then retired. "The biggest loss of my life is not having someone to tell me what to do."

The act of retiring can actually be as much of a problem as not being able to retire. A study by Challenger, Gray & Christmas, Inc. found that

In this world there are only two tragedies. One is not getting what you want, and the other is getting it.

—Oscar Wilde

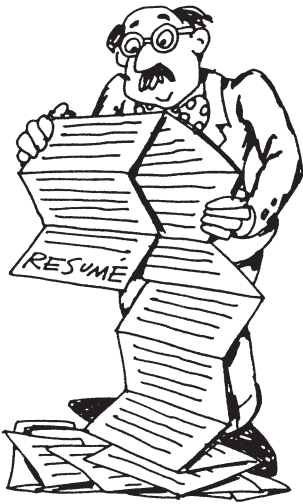
over 50 percent of people accepting early retirement packages were more than happy to return to work after three months of retirement. The Life of Riley wasn't all that enjoyable. Surprisingly, despite all its shortcomings, work wasn't so bad after all.

Taking It Easy Isn't All That Easy for Some People

Perhaps living the Life of Riley wasn't easy even for Riley. For people who have not learned how to handle leisure time effectively, the Life of Riley is a dilemma, filled with anxiety and uncertainty.

Chances are that you will experience the same difficulties if you don't develop the ability to enjoy many leisure activities. Indeed, if you haven't adopted a love for leisure by the time you retire, you will feel the Life of Riley is the biggest rip-off since the last time you were conned into buying the Brooklyn Bridge.

Following are some common problems that people have in their leisure time:



Guess I'll apply for work again. After having been retired for six months, I am really looking forward to returning to the misery of a job.

- Boredom
- No real satisfaction from leisure activities
- All dressed up and nowhere to go
- All dressed up, somewhere to go, but no one to go with
- Friction with spouse when time together increases
- Not enough things to do
- So much to do and no time to do it
- Hard time deciding what to do
- Bankroll of a peasant but tastes of a millionaire
- Bankroll of a millionaire but poverty consciousness of a peasant
- Feeling guilty about taking it easy and having fun
- Enjoying only those things that are illegal, immoral, or unhealthy

Luckily, leisure has two sides to it; the other side is much more positive. Unlimited spare time can, in fact, be an incredible blessing rather than a dull curse. To some, the leisurely life is even more satisfying than

they expected. They become more active than ever before. Each day is a new adventure. To these individuals, nothing can be as enjoyable as a leisurely lifestyle. Indeed, they would do Riley proud if he were to show up and see them in action.

When you are able to enjoy leisure time to the fullest, your life will be enhanced to immeasurable levels. Success at leisure will contribute to a life that many on this earth can only dream about. Whether you are retired, unemployed, or overworked, your ability to handle leisure time will result in:

- Personal growth
- Improved health
- Higher self-esteem
- Less stress and a more relaxed lifestyle
- Satisfaction from challenging activities
- Excitement and adventure
- A more balanced lifestyle
- Improved family life
- A sense of self-worth
- A higher quality of life overall

The difference between success and failure at anything in life is often slim. Handling unlimited spare time is no exception. Having covered the problems and benefits of increased leisure time, it's time for us to look at what factors are essential for solving the problems of leisure and reaping its benefits.

The following exercise is just one of several you will encounter in this book. You will get a lot more out of the content if you attempt all the exercises. When a choice of answers is given in an exercise, you can add your own if none is suitable to you.

Exercise 1-1. The Essentials

Read through the following list of personal attributes and other factors and check any that you feel are essential for attaining success at managing and enjoying leisure time.

- Excellent health
- Living in an exciting city

*The time you enjoy wasting
is not wasted time.*

—Laurence J. Peter



The difference between success and failure at anything is often slim.

- ❑ Having many friends from different walks of life
- ❑ A charming personality
- ❑ Owning a motor home
- ❑ A love for travel
- ❑ Athletic ability
- ❑ Good looks
- ❑ Excellent physical condition
- ❑ Abundant financial resources
- ❑ A beach cabin
- ❑ Living in a warm climate
- ❑ Having had good parents
- ❑ A great marriage or relationship
- ❑ Having many hobbies

Now that you've chosen those you think are essential, let's look at two people who had trouble handling the Life of Riley and one individual who was a master at it.

The Life of Riley Can Be Elusive

A few years ago, I discussed retirement with Delton, who was sixty-seven at the time, financially secure, and played tennis (often better than I did even though I was thirty years younger) at the club where I was a member. Although Delton had liked the company he worked at for many years, he didn't like its policy of mandatory retirement at sixty-five.

After he was forced to retire, Delton had no idea what he should do with his time. Indeed, he was lost. Two years after his retirement, Delton was happy that his company allowed him to return to work part-time. His time away from the job had not been well spent (except when he whipped me in a game of tennis). Delton even confided in me that he hadn't liked weekends when he was working full-time. Weird as it may seem, he always had difficulty deciding what to do on his days off.

Rich, another former member at the same tennis club, is another example of someone who had problems with his spare time. The difference between Delton and Rich was that Rich yearned to retire early. Like many people in my hometown, Rich fantasized about moving to the West Coast to live the Life of Riley. Rich had his wish come true when he was only forty-four. Having worked with a police force since

he was nineteen, Rich was able to retire with a decent pension after working only twenty-five years.

After Rich moved west to enjoy the Life of Riley, he realized that he didn't have too much in common with Riley. Rich found handling unlimited spare time extremely difficult. He responded by opening a business. When he lost his shirt on that venture (not serious—you don't need a shirt in West Coast weather), he tried several other things, including going back to work for a short time. The last time I talked to him, Rich was still undecided on how he could best deal with retirement. This is somewhat unfortunate, considering that Rich was in an enviable position to which many people aspire.

People waste more time waiting for someone to take charge of their lives than they do in any other pursuit.

—Gloria Steinem

Unemployed Stockbroker Lives Life of Riley

A number of years ago, North American newspapers reported on the plight of stockbrokers, who were having a tough time after a severe market crash. Young executives, who had known a bull market and the expensive lifestyles it brought, were bewildered and astounded. Many, who were about to lose their \$200,000-to-\$500,000-a-year jobs, claimed that they couldn't take other jobs at \$100,000 a year because their personal expenses were too high. (I'm sure these stories brought tears to many readers' eyes, as they did to mine.)

My friend Denny was a stockbroker before the crash. Denny hadn't been a top producer and had saved very little money. After the crash, Denny left the business altogether. He didn't immediately go looking for another job, however (not even a low-paying one at \$100,000 a year). Although Denny had little money, he decided to take it easy for over a year so he could enjoy a different lifestyle.

During the time Denny was unemployed, he was content as anyone could be in this world. He was relaxed, he had a smile he couldn't lose, and he was a treat to be around because of his positive nature. I knew many working people who were making above-average incomes in their high-status jobs, but not one was as happy as Denny.

Hard work pays off in the future. Laziness pays off now.

—Graffiti

Denny has since returned to the workforce in another field of endeavor. The last time I saw Denny, he mentioned that he was enjoying his new career. Even so, he was yearning for the time when he again could leave the workforce for a year or two just to enjoy life. No doubt Denny, unlike Rich and Delton, will get at least as much satisfaction and enjoyment out of retirement as he did from any one of his careers.

Riley's Secret

Let's return to exercise 1-1 to clarify which factors are essential for living the Life of Riley. Why was my friend Denny so content to have nothing but free time on his hands, while Delton and Rich both found the free time that comes with retirement to be a burden?

If you chose any item that was on the list, you are a victim of your own incorrect thinking about what it takes to master leisure. Not one item that I listed is essential for successfully living the Life of Riley. Every item on the list may help, but none is essential.

Some people will argue vehemently that abundant financial resources are essential. Yet Delton and Rich were much better off financially than Denny was. If abundant financial resources are essential, Delton and Rich should have been happy to be unemployed and Denny unhappy, instead of the other way around. (In chapter 11, we will look at the role money plays in the enjoyment of a leisurely lifestyle.)

Some may also feel that excellent health is essential. No doubt excellent health is an important asset. Nonetheless, many retirees with health problems are still able to enjoy their leisure time and life in general.

Then what is essential? The Life of Riley is nothing more than a state of mind. Denny has the one essential ingredient—a healthy attitude—that Riley surely had to have in order to live the good life.



Provided that you have a healthy attitude, you can adjust to a life of total leisure without missing a stride. Dick Phillips of Portsmouth, Hampshire, England, couldn't agree with this more. He wrote to me after reading a previous edition of this book.

Dear Ernie,

My wife Sandy and I were on an Air Canada flight to Vancouver this summer to commence a "Life of Riley" retirement holiday in your lovely country when a fellow female passenger introduced me to your book *The Joy of Not Working*.

I later obtained a copy at Duthie's Bookstore and read it when I returned home. (Riley did not allow time for reading on holidays.) I am fifty-four years of age and have worked since I was fifteen years old: first as a fitter and turner apprentice, then as a seagoing-ships engineer before joining the County Police for a thirty-year career. Your book gives much sound advice, some I have been following for years. I have enjoyed developing interests outside work while still working. When I retired last November, I enjoyed the freedom to parcel up my time and develop interests which include hiking, cycling, old car restoration, model engineering, painting, and D. I. Y. projects. You are right—a positive attitude to life in retirement is essential.

In your book, you write about a fellow officer named Rich who, like me, retired in an enviable position but found life difficult. I hope he has now read your book, and he is developing that inner self that makes all things possible. Meanwhile, I am looking forward to next year, when I will join a team building a large, wooden sailing ship for disabled people, and later find time to revisit Canada.

Regards to Riley,

Dick Phillips

Note that Dick Phillips, like Denny, also has a healthy attitude about being unemployed—an important attribute for enjoying all aspects of life. Regardless of your age, sex, occupation, and income, you too can experience the many joys of not working, provided you adopt the right attitude. I can say this simply because I have been able to be as happy when unemployed as when I was in the workforce—if not happier. If I can do it, so can you.

There exists above the "productive" man a yet higher species.

—Friedrich Nietzsche

My firsthand experience with unemployment is extensive. I have spent over half of my adult years without a job. This has given me important insight into what it takes to be a success

away from the workplace. I am not blessed with any special talents and abilities that you don't have. Other people who, like Denny, experience enjoyment in their spare time are also normal human beings with no exceptional intelligence, talent, or skills.

All things considered, living a leisurely lifestyle isn't dependent on having some huge advantage over others. We all have the ability to live the Life of Riley. The key is to acknowledge our own skills and talents and put them to good use.

Never adopt the excuse that you weren't born as talented or fortunate as others. The hand that you were dealt at birth isn't as important as what you do with it. You can always make up in creativity what you lack in talent or good fortune. Playing the game of leisure is like playing poker; playing three aces badly won't get you as far as playing a terrible hand well.

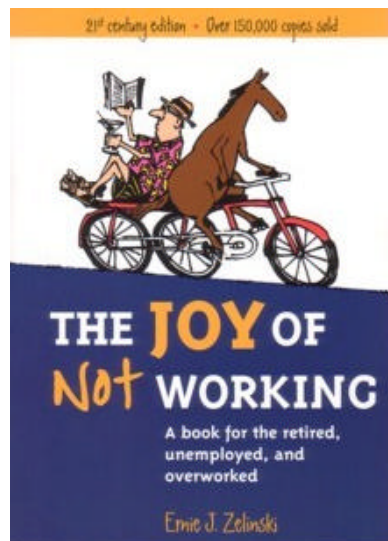
"Leisure consists in all those virtuous activities by which a man grows morally, intellectually, and spiritually," stated the Roman statesman and philosopher Marcus Tullius Cicero. "It is that which makes a life worth living." I suggest that you take Cicero's advice and run with it. It will be most valuable to you on your journey through life.

Top 10 Reasons to Buy *The Joy of Not Working*

1. You are independent and more creative than most people.
2. You were born a lover and not a workaholic.
3. You don't want the cheese; you just want to get out of the trap.
4. You like books that are reader friendly with lots of cartoons, quotations, and exercises.
5. You like books that make you smile and challenge traditional ways of thinking.
6. You agree with the words of Bertrand Russell: "One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important."
7. You know that people who burn the candle at both ends are not anywhere as bright as they think they are.
8. Your parents and co-workers will not approve of your adopting this book as your lifestyle Bible.
9. You know a good deal when you see one — if a book has been published in 17 languages in 21 different countries and has sold over 225,000 copies, it must have great value.
10. You feel morally superior to the hard workers of this world because you know that the secret to a happy and fulfilling life is to work smart and not hard.

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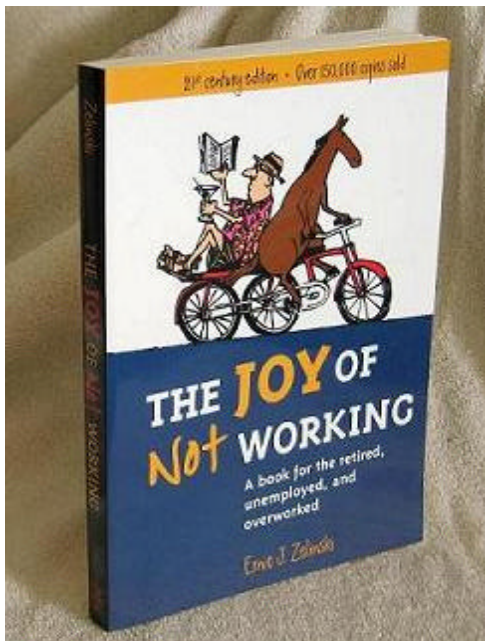


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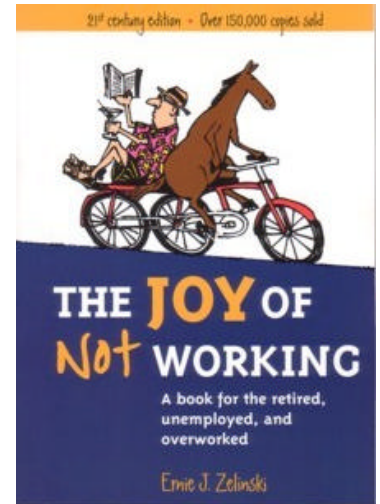
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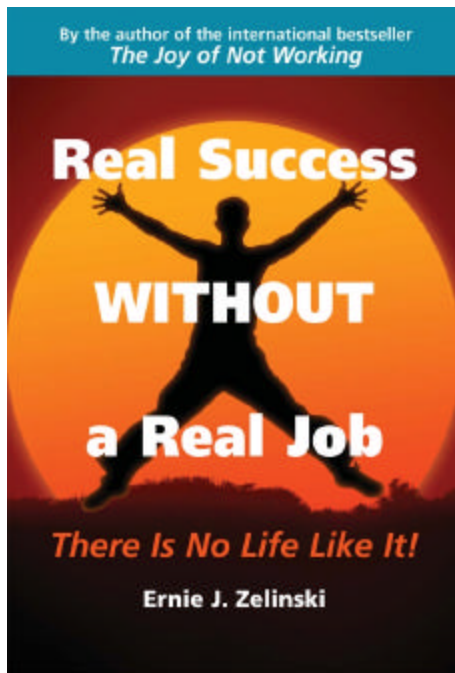


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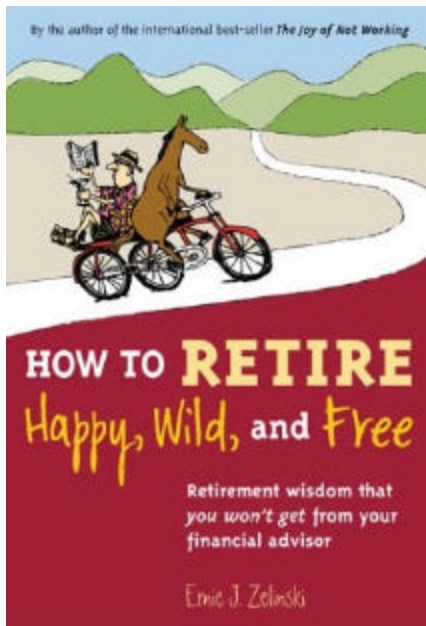
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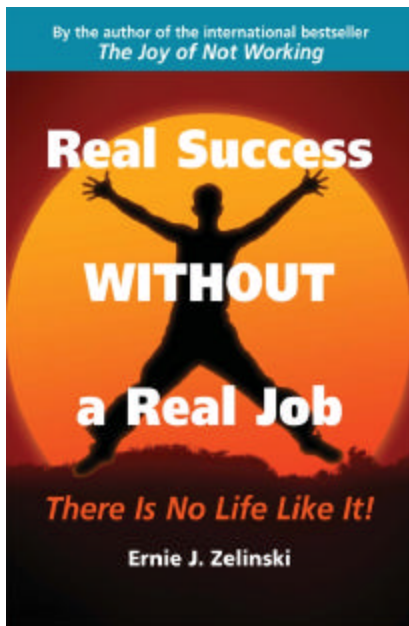
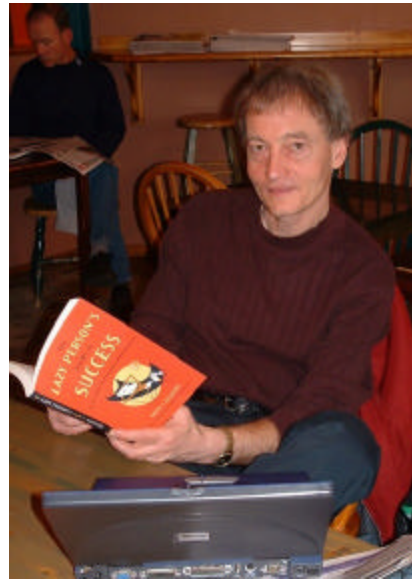
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About the Author – Ernie J. Zelinski

Ernie J. Zelinski is best known as the author of *The Joy of Not Working: A Book for the Retired, Unemployed, and Overworked*, published by Ten Speed Press in Berkeley, California. This international bestseller has sold over 225,000 copies and has been published in 17 languages.

To date Ernie has negotiated 94 book deals with publishers in 25 countries for his 15 books. His latest published work *How to Retire Happy, Wild, and Free* was recently released in the U.S. by Ten Speed Press and has already sold over 75,000 copies. It has been published in 7 foreign languages by publishers in Russia, China, South Korea, Taiwan, Greece, France, Japan, and Spain.



Ernie's *Real Success Without a Real Job* was released in September 2006 by Ten Speed Press. Feature articles about Ernie and his books have appeared in major newspapers including *USA TODAY*, *National Post*, *Oakland Tribune*, *Boston Herald*, *Los Angeles Times*, *Toronto Star*, and *Vancouver Sun*. He has been interviewed by over 100 radio stations and has appeared on CNN TV's *Financial News*, CBC TV's *Venture*, and CTV's *Canada AM*.

Ernie has a B.Sc. in Engineering and a Masters in Business Administration from the University of Alberta in Edmonton. He speaks professionally on the subjects of real success, retirement, and applying creativity to business and leisure.

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