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Yoga Journal August 2007 Sleep Better Single Issue Magazine

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Too much to do Stop and read this Guardian For a fresh take on an eternal dilemma Overwhelmed is worth a few hours of any busy woman s life if only to ensure that she doesn t drop off the bottom of her own To Do list Mail on Sunday In her attempts to juggle work and family life Brigid Schulte has baked cakes until 2 a m frantically but surreptitiously sent important emails during school trips and then worked long into the night after her children were in bed Realising she had become someone who constantly burst in late trailing shoes and schoolbooks and biscuit crumbs she began to question like so many of us whether it is possible to be anything you want to be have a family and still have time to breathe So when Schulte met an eminent sociologist who studies time and he told her she enjoyed thirty hours of leisure each week she thought her head was going to pop off What followed was a trip down the rabbit hole of busy ness a journey to discover why so many of us find it near impossible to press the pause button on life and what got us here in the first place Overwhelmed maps the individual historical biological and societal stresses that have ripped working mothers and fathers leisure to shreds and asks how it might be possible for us to put the pieces back together Seeking insights answers and inspiration Schulte explores everything from the wiring of the brain and why workplaces are becoming increasingly demanding to worldwide differences in family policy how cultural norms shape our experiences at work our unequal division of labour at home and why it s so hard for everyone but women especially to feel they deserve an elusive moment of peace Every parent every caregiver every person who feels besieged by permanent

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