



# Reboot Your Life: Energize Your Career and Life by Taking a Break

*Catherine Allen, Nancy Bearg, Rita Foley, Jaye Smith*

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More Americans are choosing to take time off from work to relax or re-examine their priorities, so they can return to work energized. Some companies offer formal sabbatical programs, but how can the average person take time off to evaluate their direction, explore their passions, and make time for the things that are really important? Whether you're disillusioned with your career, yearning to follow a dream, or taking time out after a layoff, now is the time to step back and reboot. This book will show you how you can give yourself the best gift ever--the gift of time. People who take sabbaticals report feeling happier, and they return to their jobs refreshed, reinvigorated, and ready to tackle new challenges. Reboot Your Life draws upon the experiences of the four authors and their interview subjects: 200 people who have taken sabbaticals and 150 organizations offering sabbatical programs. The book includes real-life stories and exercises to help the reader figure out how to plan for and take a sabbatical, or how to use unexpected time off.

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