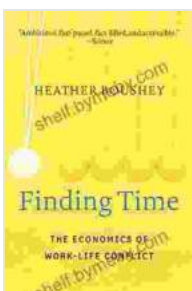


# Finding Time: The Economics of Work-Life Conflict

In her book *Finding Time*, Juliet Schor argues that the erosion of leisure time is not simply a matter of personal choice or individual time management. Rather, it is the result of structural changes in the economy and workplace that have made it increasingly difficult for workers to balance their work and personal lives. Schor provides a comprehensive overview of the research on work-life conflict, and she offers a number of policy recommendations that could help to reduce the amount of time that people spend working.

## The Erosion of Leisure Time

Schor begins by documenting the decline in leisure time over the past several decades. She shows that the average American now works more hours per year than workers in any other developed country. In addition, Americans are increasingly likely to work overtime, on weekends, and during vacations. As a result, the amount of time that Americans have for leisure activities has declined significantly.



## Finding Time: The Economics of Work-Life Conflict

by Heather Boushey

★★★★☆ 4.4 out of 5

Language : English

File size : 6258 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 354 pages



Schor argues that this decline in leisure time is not simply a matter of personal choice. Rather, it is the result of a number of structural changes in the economy and workplace. These changes include:

- The rise of the service economy
- The increase in global competition
- The decline of unions
- The proliferation of new technologies

These changes have made it increasingly difficult for workers to control their work hours and to take time off. As a result, many workers are feeling overwhelmed and stressed by the demands of their jobs.

### **The Consequences of Work-Life Conflict**

Work-life conflict can have a number of negative consequences for individuals, families, and society as a whole. For individuals, work-life conflict can lead to:

- Stress
- Burnout
- Health problems
- Relationship problems
- Childcare problems

For families, work-life conflict can lead to:

- Marital conflict
- Divorce
- Child neglect
- Juvenile delinquency

For society as a whole, work-life conflict can lead to:

- Lower productivity
- Higher absenteeism
- Increased turnover
- Lower morale

## **Policy Recommendations**

Schor concludes her book by offering a number of policy recommendations that could help to reduce the amount of time that people spend working.

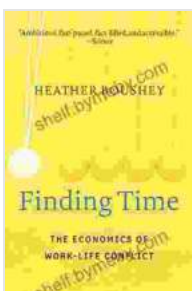
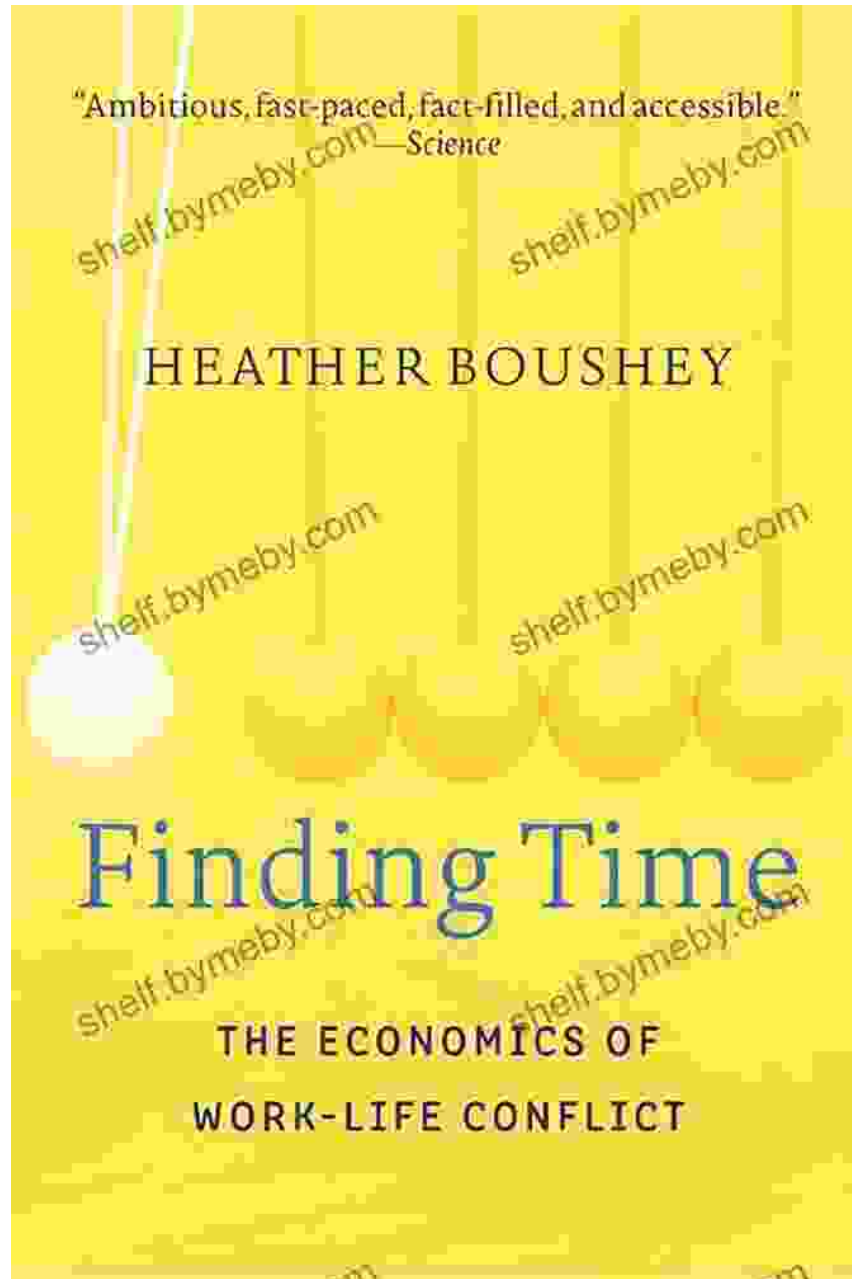
These recommendations include:

- Reducing the workweek
- Expanding paid leave
- Providing more flexible work arrangements
- Investing in childcare
- Strengthening unions

- Reforming tax policies to make it more expensive for employers to hire overtime

Schor argues that these policy recommendations would help to create a more sustainable work-life balance for all Americans. They would also help to reduce the negative consequences of work-life conflict for individuals, families, and society as a whole.

*Finding Time* is a groundbreaking book that provides a comprehensive overview of the research on work-life conflict. Schor's analysis is clear and concise, and she offers a number of policy recommendations that could help to reduce the amount of time that people spend working. This book is a must-read for anyone who is interested in the issue of work-life balance.



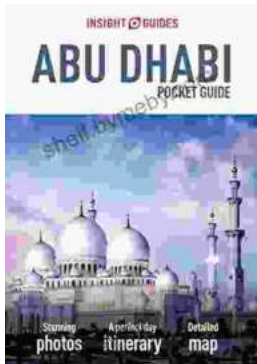
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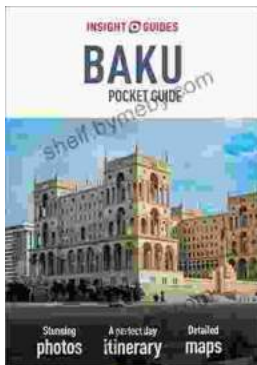
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