



# Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives

*Mary Lou Quinlan*

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Have you ever fantasized about taking time away from your overworked life? Nights uninterrupted by email? Days to pursue set-aside dreams? Do you promise yourself that “someday” you will get a break?

Mary Lou Quinlan had those “someday” thoughts. But her hard-earned job as CEO of a New York advertising agency claimed most of her waking hours. Exhausted and losing motivation, she was so desperate she perversely imagined breaking her leg to get some time alone. Then, she declared a brief timeout. During her time off, she slept late, took walks, danced the salsa, kept a journal and ultimately, uncovered the roots of a new business. In the process, she rediscovered herself.

*Time Off for Good Behavior* is the result of listening to women like her, who realized *enough was enough*. Quinlan tells no-holds-barred stories of dozens of women who sacrificed their health, relationships, their good humor and a good night’s sleep until they found the courage to ask themselves if they were happy with the life they were living and made the decisions to take life-saving breaks.

Mary Lou Quinlan explores the factors that compel you to work so hard and examines how to take back control of your life. She explores our unwillingness to give ourselves permission to rest so that we can re-imagine our futures. And she shows the powerful, self-fulfilling changes that can occur when we do decide to take that rest.

Whether you contemplate leaving a career that took years to build or just need a long vacation to assess what you want next, you’ll find practical tools and bolstering advice throughout. Each chapter ends with provocative questions to help you plan your good behavior reprieve. Specific exercises on financial planning, advice for negotiating time off, and tools to uncover your passions make this a must-read for women who are ready for “someday.”

*Time off for Good Behavior* ultimately shows that stepping away from everything—even for a short while—often means ending up with so much more.

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