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

*Catherine Allen, Nancy Bearg, Rita Foley, Jaye Smith*  
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A wonderful, intelligent and quite intriguing handbook for anyone who's ever contemplated saying, "To heck with it—I'm taking the year off!" In fact, I think I'll start right away.

—Christopher Buckley, Author and Pundit

## REBOOT YOUR LIFE



Energize Your Career & Life  
by Taking a Break

Catherine Allen • Nancy Bearg • Rita Foley • Jaye Smith

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**Catherine Allen, Nancy Bearg, Rita Foley, Jaye Smith : Reboot Your Life: Energize Your Career and Life by Taking a Break** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Reboot Your Life: Energize Your Career and Life by Taking a Break:

4 of 4 people found the following review helpful. Take a pause to read this By Jennifer Fondrevay I wish I could get all of the frazzled, harried, too stressed to sleep girlfriends (and guy friends) I know on one big email or conference call and say, "Only you can decide to hit the pause button - read this, and you will know how to do it". I tend to shy away from those self-help type of books because they just seem to make you feel stupid -- "why haven't you already been doing these things?" seems implied. Reboot your Life is the best self help book in the truest sense -- it helps you to truly help yourself. There won't be shocking revelations -- just common sense that has you asking yourself, "Why did it take me so long to do something like this?". Highly recommended for anyone burned out, on the verge of burnout or

wondering about their role in this world!7 of 7 people found the following review helpful. Thought provoking, practical, a must readBy The Global WandererReboot Your Life is a great book on how think about sabbaticals. The authors deal will all aspects very thoroughly, from goal setting to implementing, from thinking about what to do during your time off to how many months you will need to accomplish your sabbatical goals, from dealing with naysayers to managing reentry into the labor force. Moreover, the book addresses the many misconceptions you might have about sabbaticals. I especially liked the extensive appendix that gives readers a great timetable to follow when contemplating their own path. I believe that everybody in Corporate America should read this book, whether you are ready for a sabbatical today, need a bit more convincing, or are waiting for future opportunity to realize your sabbatical.Interestingly enough, Reboot Your Life, which largely deals with voluntary sabbaticals, was published in parallel to my book, The Gift of Job Loss - A Practical Guide to Realizing the Most Rewarding Time of Your Life. Maybe it is our tough economic times or the ever increasing demands at our jobs that make more and more people reevaluate their path and think hard about what makes them happy and successful now and in the long run. Quite similar to the authors of Reboot Your Life, I encourage those facing job loss to think strategically about their options, including taking some time off to relax, learn, travel, spend time with family, improve their health, and invest in themselves for a better future before rushing to the next job.Whether you negotiate a sabbatical with your company while being employed, or leverage your lay-off to invest in a more fulfilling personal life and rewarding career, it is really the "gift of time" that we all should seek and embrace. Time is the only commodity during our life that is really in short supply. Let's not waste it.0 of 0 people found the following review helpful. returns really motivated and happy. It seems like preaching to people who already ...By Bailey CatThis book just repeats the same thing over and over. So-and-so takes a sabbatical or quits their job, returns really motivated and happy. It seems like preaching to people who already want to get away from everything.

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.

About the AuthorThe Sabbatical Sisters are four successful executives from diverse fields. After meeting, they discovered that they were all sabbatical veterans, and dubbed themselves the Sabbatical Sisters. They wanted to share the concept of rebooting your life with others, so they wrote a book. They hold retreats to help people plan and create support systems for taking a sabbatical.