

Arizona LIVING

Arizona Living editor, Tamera Thornton, 602.444.NEWS
or tamera.thornton@arizonarepublic.com

Saturday, January 29, 2005

SECTION E

Overworked women, it's high time you took a break

By Sonja Haller

sonja.haller@arizonarepublic.com

Mary Lou Quinlan lived the fantasy.

She took a break — a nice, long break — from her job. For five weeks, she slept in, took salsa lessons, visited with girlfriends.

Almost 40 percent of workers would choose to do the same rather than get a \$5,000 raise, Salary.com reported this month. That figure is about 20 percent higher than three years ago.

Quinlan visits the Valley next week to encourage other overworked women to seek similar time off to assess their lives. Her book, *Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives*, (Broadway, 2005, \$23.95) has just hit the bookstores.

In her bubbly style, Quinlan shares her story and chronicles those of 37 other professional women who took a break from their careers.



INSIDE/E7

An excerpt from *Time Off for Good Behavior*; why time off is not the same as a vacation; and appearances by the author.

When it was time for Quinlan to return as chief executive officer of a New York advertising agency, she decided she didn't want to. While on her break, she began listing the things she loved to do: public speaking, writing and mentoring women. Life as an advertising executive didn't fulfill her.

Quinlan said, "I didn't know then what I know now — that the gift of time is the ability to

See **QUINLAN** Page E7

Take a

