



SLOWING DOWN

In her new book, Mary Lou Quinlan advises overworked women to take a break.

MARY LOU QUINLAN gave up her job as the CEO of a large New York advertising firm in 1998 when she'd had enough of feeling "stifled, disconnected, and desperately in need of a break." In her new book, *Time Off For Good Behavior* (Random House, \$23.95), Quinlan tells how she reclaimed her life. On January 27, she'll be the featured speaker at the Montgomery Inn Banquet Center, downtown, at a luncheon sponsored by Joseph-Beth Booksellers and the Cincinnati Ad Club. We spoke with Quinlan from her New York office and got a preview.

Are most people looking for a way out of their current work lives? According to a national poll conducted in April, seven out of ten people who make over \$40,000 a year fantasize about taking several months off.

Are men more inclined to do something about it? Men are much more aggressive about saying, "In order to keep me, here's what you need to do." Many women assume that the only way out is to quit their job.

And most women won't do that, right? When I suggest that women take time off for themselves, the first words out of their mouths are, "I can't," followed by a string of reasons: money, obligations, it goes on.

How is *Time Off* different from other self-help books for the overworked woman? I've tried to help her understand how she got to be overworked in the first place. The compulsion to work so hard didn't happen overnight. I tell the stories of 37 women I identify as Type A Girls.

What's a Type A Good Girl? It's an urgency "to do" and a desire to be the very best at everything.

That describes most of my friends. Why are we that way? I asked women what they were like as children and all of them repeated a phrase that a parent or teacher said to them: "You can do and be anything you set

your mind to." It set up a whole culture of achievement, where, at some point, you are going to hit the wall.

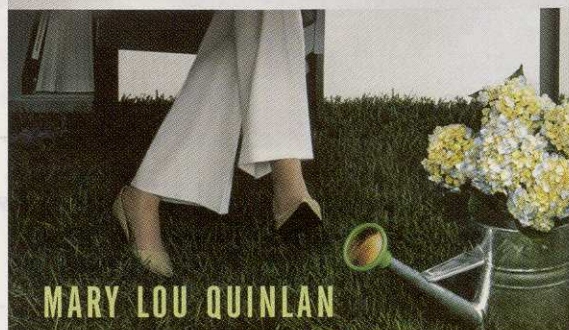
How do you know when you're in full-blown crisis? You feel and look horrible. You treat your family and friends badly. And you feel little joy or hope about anything. I remember saying to people that if I could just get in an accident and get in a hospital, then I could get out of my situation.

That's pretty extreme. I was desperate. That's why I wrote this book. I am one of the people who has lived this. • KATHLEEN DOANE

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TIME OFF FOR GOOD BEHAVIOR



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