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"Here in New York, we're on hyper speed—we're constantly on overdrive," said author Mary Lou Quinlan, author of *Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives*. "This book is really meant for women who are type-A good girls—the ones who are overworking and underliving. The idea is to encourage them to take a break from their lives." Indeed, and to give *the rest of us* a break from *hearing* about their dumb lives! (Me-OW!) Ms. Quinlan, who was C.E.O. of an ad agency, discovered in 1998 the joy of a five-week vacation. "New York is an excellent place for a vacation," said Ms. Quinlan. "I went skating at Chelsea Piers, walked around the East Village. When someone asks, 'How are you?', the New York answer is, 'I'm so busy.' I think women feel guilty taking time off." Ms. Quinlan will be at the Westin Times Square's Majestic Ballroom to discuss further ways women can "give themselves permission to rest and reflect." We suggest a pimp-daddy to pay them bills, sister-girlfriends! More cross-promotional activity is to be found across town, where

Laura Mercier, celebrity makeup artist, will be at Saks Fifth Avenue to demonstrate her "flawless face" and how to apply the new spring lines. Expect well-preserved and disturbingly smooth



foreheads, which as we know get that way because they are shot full of nasty botulism creepy-crawlies, which will surely be found to interfere with a woman's fertility any day now.

[Mary Lou Quinlan and Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives, Westin Times Square, the Majestic Ballroom, 270 West 43rd Street, 6 to 8 p.m., 212-221-7969; Laura Mercier at Saks Fifth Avenue, 611 Fifth Avenue, 12:30 to 5:30 p.m.]