

## Time Off For Good Behavior How Hardworking Women Can Take A Break And Change Their Lives By Mary Lou Quinlan

"Pressestimmen" – For every stressed-out working woman with a voice inside saying that "things could be different," Mary Lou Quinlan offers an inspirational route map for making the change. With unfailing humour and typical female resourcefulness, Mary Lou proves that flexibility is not a sign of weakness, but a source of strength. If women love this book, it's because they need it. – Allison Pearson, author of *I Don't Know How She Does It* – A must-read for every high achieving woman who's working more and enjoying it less. If you've ever wanted to step out of the rat race and start living your dreams, this book is the perfect guide. – Carole Black, President and CEO, Lifetime TV – This book not only gives hard working women 'permission' to slow down and ease up, but tells, with real-life examples and simple tools, how women can thrive while smelling the flowers. – Sheila Wellington, Professor of Management, NYU/Stern School of Business and Former president of Catalyst – By sharing her story and the stories of many other successful women, Mary Lou Quinlan tells the story of the 'overwork' epidemic in the US today, facing one in three Americans. This book is like a welcome mirror, revealing how we are living and working, but even more importantly, reflecting numerous possibilities of a different future with new and better paths to success at work and at home. – Ellen Galinsky, President, Families and Work Institute

After dutifully climbing the corporate ladder for over two decades, Mary Lou Quinlan had arrived. She was one of only a handful of female CEOs in the cutthroat world of advertising, and was rewarded for her backbreaking work with power and success.

Yet somewhere along the way, Mary Lou had lost herself. She felt stifled, disconnected, and desperately in need of a break. *Time Off for Good Behavior* tells the story of her unprecedented decision to walk away from her career at the top of her game and take a life-altering five-week sabbatical that would open her eyes to her own desires as never before. The result of her breathing space? The creation of a successful marketing company that targets the needs of women. In a flurry of media coverage from *The Wall Street Journal* and *Business Week* to *The New York Times* and *O* magazine, Mary Lou became the poster girl for life change. Weaving together her own story with that of 37 other successful women who have taken life-changing breaks, she shows that women have the choice not only to opt out or drop out but also to step away, gain perspective, and forge happier and more successful lives. Millions of American women are burned out. In *Time Off for Good Behavior*, Quinlan lays out a game plan that empowers women in all stages of their careers to take a break. She gives practical tools and supportive advice to help readers take bold steps, and ultimately shows how walking away from everything often means ending up with so much more. – über den Autor und weitere Mitwirkende MARY LOU QUINLAN is the founder and CEO of the marketing company *Just Ask a Woman* and the author of *Just Ask a Woman: Cracking the Code of What Women Want and How They Buy*. She speaks to corporate audiences and women's groups about issues relevant to women's lives. She lives with her husband Joe in New York City and in Bucks County, PA. [www.timeoff4goodbehavior.com](http://www.timeoff4goodbehavior.com) Leseprobe.

Abdruck erfolgt mit freundlicher Genehmigung der Rechteinhaber. Alle Rechte vorbehalten. CHAPTER ONE **My Story** Sister, Sister, call on me!' I can still hear my high-pitched first grade voice, shouting those first Type A good girl words to Sister Thomas Anice. It was the fall of 1959 in St. Helena's School in Philadelphia and I was already in a hurry to succeed. In my navy blue uniform, I looked just like the other sixty-five kids in the class, but my attitude set me apart. I was the kind of kid you wish you could decaffeinate. I talked fast, a bundle of energy hellbent on getting As from the start. I was the first-born child of Mary and Ray Finlayson, who had waited several years for me. For the next forty years, I never let up. Recently I looked through my dad's beat-up aluminum suitcase, which holds our family mementos, where I found some clues to my Type A roots. Digging among his love letters to Mom, faded family snapshots, and my worn tap shoes, I found my grammar school report cards. Ironically, each one was well preserved in its own brown envelope sponsored by Theodore Geitner, our neighborhood funeral director, which I thought was a little morbid. Inside, the story of my childhood was written in perfect Palmer Method As, not only for arithmetic and history, but for 'behavior subjects,' like Perseverance, Obedience, Self-control, Cleanliness, and Cooperation. My dad's proud 'John R. Finlayson' approved every A, year after year. One truly prophetic grade got my attention: A for perfect attendance, nearly every year from first to eighth grade. How did I go all those years, with barely a bellyache to keep me home? I remember insisting to my mom, 'I feel good enough to go in, I can't miss today!' Once I had hung the first of those Perfect Attendance certificates on my bedroom wall, I refused to break my record. I was Mary Louise Finlayson, the good girl who was afraid not to show up and be called on. I was a

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relentlessly cheerful child, eager to please my parents and teachers. Nicknames like Smiley and Bright Eyes fit me, though Goody Two Shoes might have been whispered out of earshot. In my dance recital pictures, I was the one with eyes straight to camera, tapskirt pulled out to the limits, and a face that said, 'Please like me!' **Type A from the Start!** was a latchkey kid before it was fashionable, so in the free afterschool hours, I volunteered to stay late to straighten the desks and clap the chalk off the erasers. I never turned down a chance for extra credit work. I treasured the rewards of my good behavior, like JFK silver dollars and Pope John XXIII holy cards from the nuns. In eighth grade, I received the greatest honor of all. It wasn't just being named one of four students out of a class of 225 to win the General Excellence Award. It was recognition of a higher order. Along with a handful of other girls, I was chosen to go down to the basement of the convent to wash the nuns' laundry at lunchtime. It was an honest to God thrill. It meant that on the most personal level, the 'women in charge' trusted me. I had risen above my lowly schoolgirl status. (Plus, since all their stuff was labeled, I got to see who wore which size underwear.) I was a self-reliant girl who shunned team sports and chorale groups. I liked going solo as the number one jump roper at recess, the lead dancer in school shows, or the class spelling bee champ. Competing that way was riskier, but I preferred counting on myself, and I admit, getting all the glory. I was in a hurry to win and no one could stop me. **Mom and Dad's Good Girl!** got my hunger for hard work from a mother who had a 'real job' when most mothers stayed home. By night, she cooked our dinners, cleaned the house, and wrapped the next day's Velveeta sandwiches in wax paper. But by day, Mom worked in advertising. She loved working, and talked about her job every night at dinner. Yet she was also a chronic quitter. She took her red-haired temperament to the office and if by her morning coffee break she didn't like the agency anymore, she would call Dad, and say, 'Ray, take me home. I hate this place.' She knew she'd find something better the next day. My mom often gave me permission to drop out, saying, 'If you don't want to go to that rehearsal, it's okay.' But I never took her up on it. Unlike my career-loving mom, my dad taught me a different lesson about work. Dad was the service manager for an office machine company. He never seemed to really enjoy his job of satisfying irritated customers. He harbored dreams of being an architect or designer, and redesigned our row house every few years for the fun of it. His work never followed him home. Dad's true passion was our family. In his quiet way, my dad was the one who set the expectations for my younger brother, Jack, and me. We grew up in a pay-for-performance household. Dad rewarded us with one dollar for first honors, eighty-five cents for second. I guess we'd have earned seventy-five cents for third, but we were so terrified of disappointing him and ourselves with Cs that we never dared to find out. To this day, the words that I fear most from my dad are, 'I'm disappointed in you.' (Later in my career, I would dread the same from every boss.) My parents' mantra was, 'You can do and be anything you want to be,' and I believed them. They'd always add the corollary: 'But we will love you no matter what you decide to do.' I only listened to the first part of their promise. I wanted to live up to their belief in me. I set out to prove that I could do pretty much anything I set my mind to. Looking back, I realize how much their confidence made me believe that if I did the right thing, I would succeed. I got an early lesson in the flaw in that logic. I lost a citywide spelling bee on the word 'dependant.' (I spelled it with an 'e-n-t,' which is also correct, but we didn't contest the judges' call until too late.) Standing before their desk, I started to tear up over the unfairness of it all. To end the awkward incident, my dad told the judges, 'We concede.' (I had to ask him what that meant and how to spell it.) Injustice has always been hard for me to accept. Accepting failure has been even harder. **Teenage Type A** The little kid As transformed into high school ones. I kept raising the bar for what was 'good.' I got into advanced placement classes. I followed the rules (except for the time I got detention for hiking up my skirt after school). I didn't put peroxide in my hair or a cigarette between my lips. The years passed with straightened teeth and more straight As. I entered LaSalle College in 1971, just as the women's movement was heating up. The school had gone coed the year before, and the ratio of men to women was four to one. It was great for my social life and even better training for a corporate career. But the lessons cut both ways. One day, the guys lined up outside the student center. They held a pile of placards, each marked with a number, one through ten. As women walked into the cafeteria, they graded us on looks. I was too embarrassed to look, but still A-obsessed enough to want the ten. During college, I put my greatest energy into theater. I was chosen for the lead role in the school's performance of a retro musical comedy, Dames at Sea, the story of a stage neophyte who takes over when the faux show's diva gets sick. As Ruby, I gamely tap-danced my way out of the chorus line. It was a preview of what I hoped my career might be. Between honors classes, my part-time bank teller job, and my rehearsal schedule, I was already riding the work/life balance roller coaster, but to me, it was normal. Halfway through college, I transferred to Saint Joseph's...". using praise to encourage good behaviors. hardworking

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### **using praise to encourage good behaviors**

June 1st, 2020 - when your child is struggling with a specific behavioral issue create a clear plan for how you can use praise to encourage good behavior for example if your child hits their sibling when they're angry invest your energy into praising them for using kind words gentle touches and problem solving skills

### **hardworking definition of hardworking at dictionary**

June 1st, 2020 - hardworking definition industrious zealous a hardworking family man see more

### **20 top qualities that determine a great employee cleverism**

June 2nd, 2020 - 10 hard working nothing can replace the benefits of hard work there are some people who work hard for a few years and then lose pace also people who are particular about working only from 9 to 5 even when urgent projects need to be completed cannot be considered as as hardworking as one who is willing to put in extra time and effort

**hardworking dictionary definition hardworking defined**

May 29th, 2020 - hardworking definition the definition of hardworking is a term used to describe a person or thing that is diligent or zealous at pleting a task adjective a person who holds down two jobs to work his way through college is an example of someone who

**6 tips for working hard without working crazy**

May 31st, 2020 - tips for working hard without working crazy remember that you are merely mortal stress is responsible for 75 to 90 percent of visits to primary care physicians

**time off for good behavior how hardworking women can**

May 15th, 2020 - time off for good behavior how hardworking women can take a break and change their lives mary lou quinlan interweaving her own story with those of other successful women the author provides supportive advice and practical tools to empower women to step away from their careers to re evaluate their lives

**practice hard work and giving up psychology today**

March 19th, 2020 - practice hard work and giving up when grit is good and when it s not posted nov 05 2017

**need a little time off for bad behavior**

May 30th, 2020 - provided to by sony music entertainment need a little time off for bad behavior david allan coe the essential david allan coe 1987 sony music entertainment released on 2015 10 02

**are you a hard worker characteristics of a hard working**

June 1st, 2020 - a hard working person focuses on growth knowledge and experience within a pany they want to learn more and advance themselves within the field hard working characteristics there are a lot of reasons to consider an employee to be hard working it es down to the top ten characteristics that make the employee truly deserve that title

### **why you shouldn't reward students for good behavior**

May 29th, 2020 - for regular education classroom teachers giving rewards in exchange for good behavior is a mistake it's true that doing this and getting that type of rewards can improve behavior in the short term as in "sit up straight and give me your attention and I will give you each a sticker or John if you can"

### **exam 3 flashcards quizlet**

May 9th, 2020 - the past few months Mayan has delivered work of the highest quality her reports demonstrate attention to detail and are more thorough than the reports other staff members have submitted in order to encourage Mayan to keep up this good work her manager offers a salary increase and additional paid time off what is Mayan's manager practicing

### **3 perks that work in lieu of raises employee morale**

June 2nd, 2020 - 3 perks that work in lieu of raises give time off for good behavior thanks in large part to its tradition of recognizing hard working employees

### **time off for good behavior experience life**

May 27th, 2020 - time off for good behavior are you measuring your worth by what you get done here's why it's time to give your productivity a rest and go in search of some fun instead time ownership agreement I agree to use my time as if my happiness depends on it which it does

### **5 ways to recognize student achievement in your classroom**

June 2nd, 2020 - 5 ways to recognize student achievement in your classroom keeping kids motivated in an age of smart phones and social media can be a tough task for any teacher students sometimes need some extra incentives and praise to keep up their hard work and learning

June 2nd, 2020 - 900 quotes have been tagged as hard work gee herman ruth it s hard to beat a person who never gives up orson scott card if you try and lose th

**time off for good behavior how hardworking women can take**

May 3rd, 2020 - mary lou quinlan has written inspirational features for real simple o the oprah magazine and more and other magazines and is the author of the books just ask a woman time off for good behavior and what shes not telling you she is the nations leading expert on female consumer behavior

**10 characteristics that make the perfect student**

June 2nd, 2020 - whole classes have their own unique personalities and often those classes with good leaders are good classes likewise those classes that lack peer leadership can be the most difficult to handle leadership skills are often innate there are those who have it and those who don t it is also a skill that develops over time amongst your peers

**corrections chapter 3 vocab flashcards quizlet**

May 4th, 2020 - a system of human motivation anized by alexander manoconochie that granted credits for good behavior and hard work and took away marks for negative behavior convicts used the credits or marks to purchase either goods or time a reduction in sentence

**time off for good behavior how hard working women can**

May 21st, 2020 - 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

**6 reasons why hard work is a good thing like a team**

May 22nd, 2020 - is intense hard work really a good thing is hard work a good habit to practice challenging work can and often does result in rewards below are eight reasons to consider why working with intensity is a positive behavior hard work is a motivator

**is it hard working or hard working answers**

May 15th, 2020 - working hard is a verb while hard working is an adjective it refers to the attitude of a person or perseverance on the other hand working hard refers to the action of a person to ply with the

**chapter 3 flashcards quizlet**

May 5th, 2020 - a system of human motivation anized by alexander maconochie that granted credits for good behavior and hard work and took away marks for negative behavior convicts used the credits or marks to purchase either goods or time a reduction in sentence

**time off for good behavior idioms by the free dictionary**

May 19th, 2020 - definition of time off for good behavior in the idioms dictionary time off for good behavior phrase what does time off for good behavior expression mean time off time off for good behavior time on one s hands time on hands time on one s hands time on one s hands to have time on your hands time out time out of mind time out

**download time off for good behavior how hardworking women**

April 9th, 2020 - download pdf time off for good behavior how hardworking women can take a break and change their lives full free

**create an effective reward system for kids of all ages**

June 2nd, 2020 - get practical tips for creating a reward system that is sure to improve the behavior of kids of any age from toddlers to teenagers provide a sticker immediately after you see the desired behavior to provide positive reinforcement for good behavior so you can tackle bigger goals or even more than one behavior at a time

**how hard should a person work to be considered hardworking**

May 24th, 2020 - in most places hardworking means long hours though that s not always a good measure of work or of achievement but to answer your question as simply as possible it s relative like many other subjective matters meaning to be considered ha

May 25th, 2020 - time off is traditionally a benefit employees earn just for working at the pany whether employees earn time off by the hour day week month or year it s dolled out based on the time they put in but times they are a changing and time off is increasingly given to employees for other reasons such as non monetary bonuses or rewards for good behavior why time off bonuses are a great

**employee recognition ideas 52 epic ways to insperity**

June 2nd, 2020 - 16 impromptu time off spontaneous late arrival or early departure days are always a motivator for example send a quick email that says it s a beautiful afternoon go enjoy it emily dusablon phr shrm cp supervisor hr center of excellence 17 time off coupons give out coupons for 15 minutes of time off as a spot award

**confederate railroad time off for bad behavior**

May 23rd, 2020 - 50 videos play all mix confederate railroad time off for bad behavior confederate railroad notorious duration 6 03 johnnybladex 191 130 views

**good habits worth developing 3 things hard working and**

June 2nd, 2020 - successful people maintain good habits that go hand in hand with success in every area of endeavor there is nothing that will bring you to the attention of your superiors faster than developing a reputation for being a hard working and dependable worker

**printable awards for students grades k 12 teachervision**

June 2nd, 2020 - use these printable awards for students to recognize their effort achievement and progress express gratitude encourage good behavior and reward a job well done with these



**time off for good behavior how hardworking women can take**

May 22nd, 2020 - time off for good behavior how hardworking women can take a break and change their lives mary lou quinlan author broadway 23 95 256p isbn 978 0 7679 1831 2

**is there a federal parole system nolo**

June 2nd, 2020 - for example progress toward a high school diploma or the equivalent may shave time off a sentence prisoners serving sentences of more than a year but less than life can earn up to 54 days per year off their sentences for good behavior 18 u s c 3624 b

**good behavior synonyms good behavior antonyms thesaurus**

June 2nd, 2020 - synonyms for good behavior at thesaurus with free online thesaurus antonyms and definitions find descriptive alternatives for good behavior

**the key to well behaved kids isn t punishment it s**

June 2nd, 2020 - the goal is not only to encourage good behavior but also to promote independence resilience strength of character and solid values many parents think of discipline as a way to correct their child s bad behavior often by using punishment says psychiatrist alvin rosenfeld md coauthor of the over scheduled child

**time off for good behavior how hardworking women can take**

May 26th, 2020 - time off for good behavior is the result of listening to women like her who realized enough was enough quinlan tells the 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 a life saving break

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**i want to be a hard worker how do i go from lazy**

June 2nd, 2020 - procrastination must be one of the easiest arts to master and one most of us are pretty damn good at since i sat down to write this i have stopped for two cups of coffee made some toast read some emails been on facebook and have so far onl

**how to encourage employee attendance at work**

June 2nd, 2020 - use these five steps to encourage employee attendance at work steps to encourage employee attendance first you must have a way to track the time people take off from work so that the integrity of your paid time off pto policy your sick leave policy and or your paid vacation policy is ensured

**how to be a hardworking student synonym**

May 29th, 2020 - every student has subjects they are good at and subjects they are not so good at but before giving up on the subject that s giving you a hard time remember that hard work goes a long way if you

**time off for good behavior how hardworking women can take**

October 17th, 2019 - time off for good behavior how hardworking women can take a break and change their lives mary lou quinlan 9780767918312 books ca

**customer reviews time off for good behavior**

August 23rd, 2019 - find helpful customer reviews and review ratings for time off for good behavior how hardworking women can take a break and change their lives at read honest and unbiased product reviews from our users

**what does it mean to be hardworking fluther**

April 19th, 2020 - hardworking qualities are dependent on the individual a student for example would be considered hardworking if they studied on a regular schedule without making excuses and got the job done in a timely manner hardworking does not equate success

May 13th, 2020 - chandra owns a good delivery business when chandra s delivery drivers are experiencing a great deal of interpersonal conflict chandra reminds them that cooperation with one another is necessary for the continued off of profitability of the firm and also for their job security

**hardworking definition of hardworking by merriam webster**

June 2nd, 2020 - hardworking definition is constantly regularly or habitually engaged in earnest and energetic work industrious diligent how to use hardworking in a sentence

**good behavior tv series 2016 2017 imdb**

June 1st, 2020 - created by blake crouch chad hodge with michelle dockery juan diego botto terry kinney lusia strus letty raines is a thief and con artist whose life is always one wrong turn one bad decision from implosion which is just how she likes it

**time off for good behavior how hardworking**

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**this covid behavior chart for parents is hilarious but**

May 30th, 2020 - give yourself a sticker mom we feel you kids it s a tough time to be on our best behavior courtesy of affinity consulting facebook being a working parent in the midst of a one in a lifetime

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