

Reducing Work Time as a Path to Sustainability



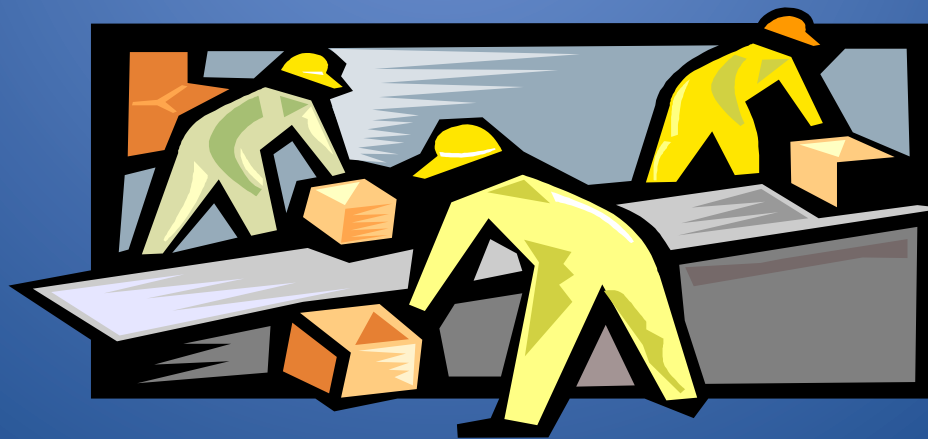


- People are smoking less
- People are eating less calories
- People are walking and biking more



Americans Sacrifice

- US workers work 200-300 more hours a year than Europeans
- Europeans have shorter work weeks and longer vacations



Benefits of Shorter Hours

- Connection with friends and family
- Exercise and healthy eating happens
- More attention to hobbies and educational advancement
- Appreciation of the natural world
- Personal emotional and spiritual growth
- Conscientious consumer habits
- Proper environmental stewardship



Better Health



- The US has fallen from 11th place in life expectancy to 50th
- Europeans are half as likely to suffer from heart disease, hypertension, type 2 diabetes after the age of 50
- Americans have more stressful lives and suffer from anxiety, depression, and other mental health ailments

Environmental Benefits



- Less need for convenient products
- More time to reuse and recycle
- Time to make other behavioral choices
- Time to choose more energy friendly transportation
- Time to make careful consumer choices

US Workers Have Less Laws

- Maternity or family leave
- Paid sick days
- Paid vacations



Re-Visioning the Future

- Limiting greed
- Less Materialistic
- Providing real freedom to workers
- Greater joy and sustainability



JOY TO
the
WORLD