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IT'S TIME FOR TIME OFF!

***Time Off! The Upside to Downtime* Seeks to Give Everyone a Break**

New York, NY – June 2005 – “Take a furlough fiesta!” shouts the back cover. “Score a savory sabbatical!” Leisure Team Productions’ new book entitled *Time Off! The Upside to Downtime* shows readers how to take a break from work and enjoy life to its fullest.

Time Off! is a celebration of time away from the workplace and seeks to remove the stigma of “non-employment,” say the book’s authors, Kristine Enea and Dean LaTourrette. “Whether people are laid off, between jobs, or just want to take a break, they often don’t see non-working time for what it truly is: a precious gift,” says Enea. “We’re not intending to make light of anyone’s financial hardships, but often it’s psychological constraints that keep people from enjoying time away from work, not financial ones.”

The foreword for the book is written by none other than Ernie Zelinski, aka “Dr. Leisure,” author of numerous books on leisure including international best-seller *The Joy of Not Working*. *Time Off!* is already drawing kudos from career experts and slow-down advocates alike, such as Cecile Andrews (*The Circle of Simplicity*) who says, “Everyone thinks that someday we’ll start living. *Time Off!* helps you to start now.”

The book’s authors are also the co-founders of Leisure Team Productions, a media production company that promotes leisure through books, events and other media, and they say that the recently launched company already has a devoted following of thousands. “Our premise has clearly struck a chord with the community,” says co-founder LaTourrette. “People are seeking more out of life than just work, particularly following the period of hyper-economic activity we experienced up until recently, combined with the series of disturbing international events. The healthy byproduct to come out of all this turmoil is that people are pausing to reflect on what’s really important in their lives.”

This theme hits home throughout the book, with chapters on topics as diverse as travel, reconnecting with friends and family, going back to school, and just plain having fun. “It’s a fun, humorous book, but we’re wholly serious about the philosophy behind it,” says Enea, a former lawyer who, like LaTourrette, left her technology job four years ago with the goal of living a more balanced life. Both claim to have been successfully “unemployed” since that time, pursuing creative and entrepreneurial interests, including founding Leisure Team Productions.

Time Off! The Upside to Downtime will be available for sale from bookstores and other retailers in the U.S. and Canada, Amazon.com, and Leisureteam.com beginning in June 2005. Wholesale distribution will be through Publishers Group West. For more information about Leisure Team Productions and to purchase the book, visit www.leisureteam.com. Paperback, 5-1/2 x 8-1/2, 360 pages, \$17.95 list price. ISBN 0-9741084-9-9