



Life

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How to slow down your busy, busy life

By Nanci Hellmich
USA TODAY

Are you too busy to enjoy your life? Stay calm? Stay in shape? See your friends?

If the answer is yes, you're *too busy*.

So says Jeff Davidson, author of a new book, *Breathing Space: Living & Working at a Comfortable Pace in a Sped-Up Society* (MasterMedia Limited, \$10.95).

"True leisure time is in jeopardy. All around me I see people moving in fast-forward. It's scary.

"I haven't met a person in five years who holds a job who doesn't feel pressed for time," he says.

The result: leisure is squeezed in between frantic activities — or squeezed out.

Why are so many people in overdrive? So much competition for time and attention. On the list: long commutes, newspapers, magazines, TV, mail, faxes, errands and an overwhelm-

ing number of choices.

Don't try to do everything, Davidson says, and don't feel guilty about things you miss. "Keeping up is an illusion."

If you miss the news, listen to what family and friends say about it. Other suggestions:

▶ Handle errands on weeknights, not weekends.

▶ Use all reasonably priced services for errands, repairs or shopping.

▶ Make having peace of mind a goal, just like career and relationship goals.

Davidson will help several USA TODAY readers find more time. Mail stories of your busy life to:

LEISURE TIME

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Include name, address, phone numbers. Letters must be postmarked by Nov. 28.