

personal experiences in with some of the research as this gave a real life example that many readers could relate to. 1 of 1 people found the following review helpful. Liked it, but was probably looking for earth-shattering suggestions
By Sheri E. Barnes
I heard an interview with Brigit Schulte on NPR and thought the book was probably written for me because its name perfectly described what I was feeling. I did find good reminders in the book, and some of Schulte's anecdotes are significant and meaningful. However, I came away feeling less fulfilled than I hoped I would, most likely the result of my wishing for a panacea for the busyness of life, and less because of any inherent flaw in the book. Perhaps because I have been on this journey for a while, the information didn't really seem new to me, but it may be to some readers less chronically consumed by the overwhelm of life. 1 of 1 people found the following review helpful. I found this to be a very useful book on how to overcome the feeling of being ...
By Nancy E. Williamson
I found this to be a very useful book on how to overcome the feeling of being overwhelmed by tasks that need to be done. The last chapter provides a summary. Thanks to the author for writing this and improving the quality of her life at the same time.

Overwhelmed is a book about time pressure and modern life. It is a deeply reported and researched, honest and often hilarious journey from feeling that, as one character in the book said, time is like a "rabid lunatic" running naked and screaming as your life flies past you, to understanding the historical and cultural roots of the overwhelm, how worrying about all there is to do and the pressure of feeling like we're never have enough time to do it all, or do it well, is "contaminating" our experience of time, how time pressure and stress is resculpting our brains and shaping our workplaces, our relationships and squeezing the space that the Greeks said was the point of living a Good Life: that elusive moment of peace called leisure.

From Booklist
Journalist Schulte manages to take a fairly pedestrian topic, the value of leisure in modern American society, and turn it into a compelling narrative on work, play, and personal achievement. Liberally peppered with her own experiences as a wife, mother, and Washington Post reporter, this artful blend of memoir and cultural exploration asks hard questions about how to create a well-lived life. Is leisure a waste of time, or the only time to "live fully present"? Are we more concerned about a purpose-driven experience, or bogged down in "banal busyness"? Schulte, juggling the demands of children and work while facing conflicts with her spouse over familial responsibilities, realizes that she is mired in busyness. Her discussions with a wide range of experts clarify her concerns and open her mind to the manufactured madness of a competitive culture and the false promise of the ruthlessly dedicated "ideal worker." Schulte follows every lead to uncover why Americans are so determined to exhaust themselves for work and what has been lost in the process. For *Lean In* (2013) fans, and everyone who feels overwhelmed. --Colleen Mondor
"Every parent, every caregiver, every person who feels besieged by permanent busyness, must read this book." Anne-Marie Slaughter
"[Schulte's] a detective in a murder mystery: Who killed America's leisure time, and how do we get it back?" Lev Grossman,
"Tim" [Schulte] not only captures the conundrum so many people face, but also offers some practical solutions. . . . I found many of the anecdotes and stories personally instructive." Andrew Ross Sorkin, *The New York Times*
"Incredibly well-researched . . . [Overwhelmed] tackles something we all feel every day." Goop
"Schulte can report with the best of them and is honest and insightful. She perfectly captures the experience of the worried mother/professional in twenty-first-century America, while weaving in contemporary scientific research on time management and stress." GQ
"Overwhelmed is a superb report from the front lines of the sputtering gender revolution. Brigit Schulte takes up the perennial problem of women's 'second shift' with fresh energy and fascinating new data, effortlessly blending academic findings and mothers' lived experiences, including her own often hilarious attempts to be both the perfect parent and a successful full-time journalist. Before you embark on parenthood, before you volunteer to make cupcakes for a school party or stay up late to finish a fourth grader's science project--and definitely before you pick up another copy of *Martha Stewart Living*--read this book!" Barbara Ehrenreich, author of *Nickel and Dimed: On(Not) Getting By in America*
"Reflecting on her meticulous research, searching her feelings, and renegotiating the division of emotional labor with her husband, Tom, Brigit Schulte offers us a well-written and timely book, both witty and wise." Arlie Hochschild, author of *The Second Shift: Working Families and the Revolution at Home*
"Beautifully written, with searing facts, engaging stories, illuminating history, and wry personal observations. A must-read by a truly perceptive author!" John de Graaf, editor of *Take Back Your Time: Fighting Overwork and Time Poverty in America*
"Why is life so insanely busy? What happened to 'leisure' time? Tired of the modern hamster wheel, Brigit Schulte set out to find a better way to live. Her voice is delightful, her findings surprising and hopeful. *Overwhelmed* is a passionate, funny, very human book that reads like a detective story." William Powers, author of *Hamlet's BlackBerry: Building a Good Life in the Digital Age*
"Overwhelmed is a time management book that's not just about how to be more productive and effective--it's about the broad and fascinating role time plays in our emotional satisfaction, our physical health, and even our notions of gender equality. The more overwhelmed you feel, the more crucial it is to take the time to read this important book." Daniel H. Pink, author of *Drive: The Surprising Truth About What Motivates Us*
"Every parent, every

caregiver, every person who feels besieged by permanent busyness, must read this book. A new wave of research, experience, and insight is challenging deep assumptions about why we have to live and work the way we do. Overwhelmed is a wake-up call and an exhilarating prescription for change. Anne-Marie Slaughter, president and CEO of the New America Foundation and author of "Why Women Still Can't Have It All" From the Author This is an accidental book, and surely friends who knew me growing up - and waited as I burst into places late, trailing shoes and socks or a toothbrush - guffawed heartily when they heard I was working on a book about time. It all started with a phone call. I was part of a group of journalists at the Washington Post asked to research why fewer and fewer women under the age of 50 were reading the newspaper. The journalists, all of us women, most of us caretakers of some kind - mothers, guardians for nieces and nephews, daughters of aging parents - figured women were just too busy. After all, we sometimes found it hard to find the uninterrupted time to read the very newspaper we worked for in the swirl of morning craziness. My assignment was to find the time study data to prove how busy women are. Knowing nothing about time research, I googled, "busy women time" and up popped someone by the name of John Robinson, one of the first and most eminent time-use researchers in the world. I called him up, expecting to find easy validation. Instead, he told me women like me had 30 hours of leisure time every week. And thus the journey began.