



Take a vacation why don't you?

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In the last days of summer consider this: Americans are taking less vacation time than ever.

In one recent study by the Families and Work Institute, more than one third of employees said that they didn't plan to take all the vacation days owed to them.

When we finally do pull away, we still answer emails and take work calls. Why?

A few reasons: Not wanting to be swamped when we return, demanding bosses, self-imposed expectations and a reluctance to delegate tasks to others.

If you find your job satisfying, it seems even harder to pull yourself away. The reasons for working vacations are varied.

And the irony here is that we know that reduced stress, increased perspective and renewal all result when we remove ourselves from the workplace, even for a brief time.

So what is your excuse? If you haven't used up your days, why not?

If you are an entrepreneur, do you give yourself a break now and then?

Does anyone take a two-week vacation anymore or is that gone forever?