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# Time Out: How to Take a Year (or More Or Less) Off without Jeopardizing Your Job, Your Family, or Your Bank Account

*Bonnie Miller Rubin*

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***Time Out*** **taps into a major dilemma faced by millions of American men and women today?how to balance the overwhelming array of choices we encounter as we "grow" professionally. It is ironic that the modern professional needs how-to-think handbooks, and Ms. Rubin's effort has resulted in a basic primer. Practical and insightful, this book offers a significant contribution. I think I'll take her advice. ?William Glazer, M.D., Associate Professor of Psychiatry, Yale University School of Medicine**

In three months or six months or a year away from work is something you've always dreamed about, dream no more. Bonnie Miller Rubin, an award-winning journalist who herself has taken a sabbatical, has written a step-by-step book, full of practical information, that will tell you everything you need to know in order to take a sabbatical.

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