

FOR IMMEDIATE RELEASE  
Contact: Dean LaTourrette  
Phone: 415-596-7873  
Email: [info@leisureteam.com](mailto:info@leisureteam.com)

**Leisure Team Celebrates Take Back Your Time Day October 24  
with Nap-In at Justin Herman Plaza**

**San Francisco, CA:** Leisure Team Productions, publishers of leisure guides *Time Off! The Upside to Downtime* and *Time Off! The Unemployed Guide to San Francisco*, will be hosting a nap-in at Justin Herman Plaza in downtown San Francisco this Monday, October 24 at 1pm in celebration of the annual Take Back Your Time Day ([www.timeday.org](http://www.timeday.org)).

What exactly is a nap-in? "It's pretty much what the name implies," says Kristine Enea, co-author of the *Time Off!* book series. "People come together for a brief mid-day snooze. We do it to remind everyone that it's okay to take a break from work, whether that's a short break during the work day, or a more extended sabbatical from your job or career."

This year's Take Back Your Time Day marks the 65th anniversary of the day when the 40-hour work week became the law of the land in the U.S. The period from October 24 until the end of the year also roughly represents how much longer Americans work per year (nine weeks or 350 hours) than Western Europeans do.

"Let's face it, Americans are extremely overworked," says co-author Dean LaTourrette. "We wrote our books to inspire people to add more leisure into their lives, and to show them how to go about doing it." *Time Off! The Unemployed Guide to San Francisco*, released in 2004, continues to be a Bay Area best-seller. *Time Off! The Upside to Downtime*, a national book introduced this past June, is now spreading that same leisure to the rest of the country.

*The Leisure Team nap-in will take place Monday, October 24 at 1pm in Justin Herman Plaza in San Francisco, near Market Street & The Embarcadero. Interested parties can contact Leisure Team Productions at [info@leisureteam.com](mailto:info@leisureteam.com) or [www.leisureteam.com](http://www.leisureteam.com) for more information.*

**About the Authors and Leisure Team Productions**

Leisure Team Productions is the independent publisher of the *Time Off!* book series. Dean LaTourrette and Kristine Enea are recognized experts in the fields of leisure, sabbaticals, and work-life balance. They have been featured in numerous national and local media, including the *New York Post*, *Men's Journal*, Bloomberg Television, Marketplace, The Joey Reynolds Show, the *Oakland Tribune* and the *San Francisco Examiner*.

**Leisure Team Books:**

*Time Off! The Upside to Downtime*  
By Kristine Enea and Dean LaTourrette  
ISBN: 0-9741084-9-9  
July 2005, \$17.95  
Trade Paperback

*Time Off! The Unemployed Guide to San Francisco*  
By Kristine Enea and Dean LaTourrette  
ISBN: 0-9741084-0-5  
January 2004, \$19.95  
Trade Paperback