

Press Release

TO: **The Media**

Title: ***Tick Tock, Don't Stop: A Manual For Workaholics***

Author: Robert S. Swiatek

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Release Immediately

The Richest People in the Cemetery Are Workaholics

On average, Americans work two weeks more per year than any other country. Among industrialized nations, we work the most, with the longest hours. With technological advances we should be trimming our workweek but we are, in fact, increasing it.

In his third book, ***Tick Tock, Don't Stop***, Robert S. Swiatek takes a look at various aspects of work, including the Union, the unions, slavery, his job experience and why Americans work as hard as they do. He also looks at the origin of work – at least his take on it – and how corporations can reevaluate their current systems to help employees work fewer hours with higher productivity. The author also points out that working smart beats working harder, any day. ***Tick Tock, Don't Stop*** may not enable the reader to retire today, but perhaps sooner than planned. The reader won't become a millionaire, but should have a richer life. The author hopes to bring the workaholic back from the brink of exhaustion with helpful tips and basic strategies to make the most of his time, systems and workweek. This book also directs its attention to managers and those in managerial positions offering them solutions and out-of-the-box thinking to enhance the lives of their staff and run a productive business.

Swiatek's most recent book is ***here's your free gift – send \$10 for shipping***, a book about the three "Ls": language, laughter and lunacy and his third in the series of books on temporary brain deficiencies. ***This War Won't Cost Much – I'm Already Against the Next One*** was published in November 2008. Just before that he published a book on the failure of technology, ***Press 1 for Pig Latin***, and ***Take Back the Earth – The Dumb, Greedy Incompetents Have Trashed It***. In August 2008, ***wake up – it's time for your sleeping pill*** came into print, another book on the three "Ls," in the same mold as ***for seeing eye dogs only***. ***I Don't Want to be a Pirate - Writer, maybe***, his journey as a writer, was published in March 2008. In October 2007, he was responsible for, ***This Page Intentionally Left Blank – Just Like the Paychecks of the Workers***, in which he forcefully argues for a 30-hour workweek and a new minimum wage of \$15 an hour.

Former high school math teacher and computer software consultant, the author retired shortly after sending his agent the manuscript for ***Tick Tock, Don't Stop***, feeling he would have been a hypocrite, otherwise. His books have been highly praised and you can see reviews, excerpts, recipes – a new one each month – a menu idea, a cancer cure link, recommended reading and other stuff at his web site, www.bobcooks.com. Another writer called it a *goldmine*.