

Dear Book Lovers,

In today's world, time is at a premium. The average American works a 46-hour weekⁱ and spends 87 minutes in their car a day.ⁱⁱ Things don't get any easier once we finally get home. We're left with precious few hours in the day to walk the dog, read the paper, watch TV, water the plants and spend time with the family!

Our daily leisure time is shrinking, as is our time to unwind and relax. What is a reader to do?

One suggestion is to listen to audiobooks. You can play an audiobook in your car CD player, kitchen radio or walkman. Listening while cooking, cleaning, commuting or exercising can make any mundane activity a chance to learn, unwind and escape.

One way to make audiobooks even more engaging is to start listening groups or audiobook clubs. Similar to traditional book clubs, these provide a way to combine social time with intellectual time, and offer a stress-free way to do so.

Bring together a group centered around two shared interests—knitting and books. Members can swap patterns and advice, or knit during the discussion. Preparation for the meetings is easy: listen while you knit!

Happy listening,

Your friends at Random House Audio



Sources:

ⁱ <http://www.libraryspot.com/know/workweek.htm>

ⁱⁱ <http://www.americanheart.org/presenter.jhtml?identifier=830>