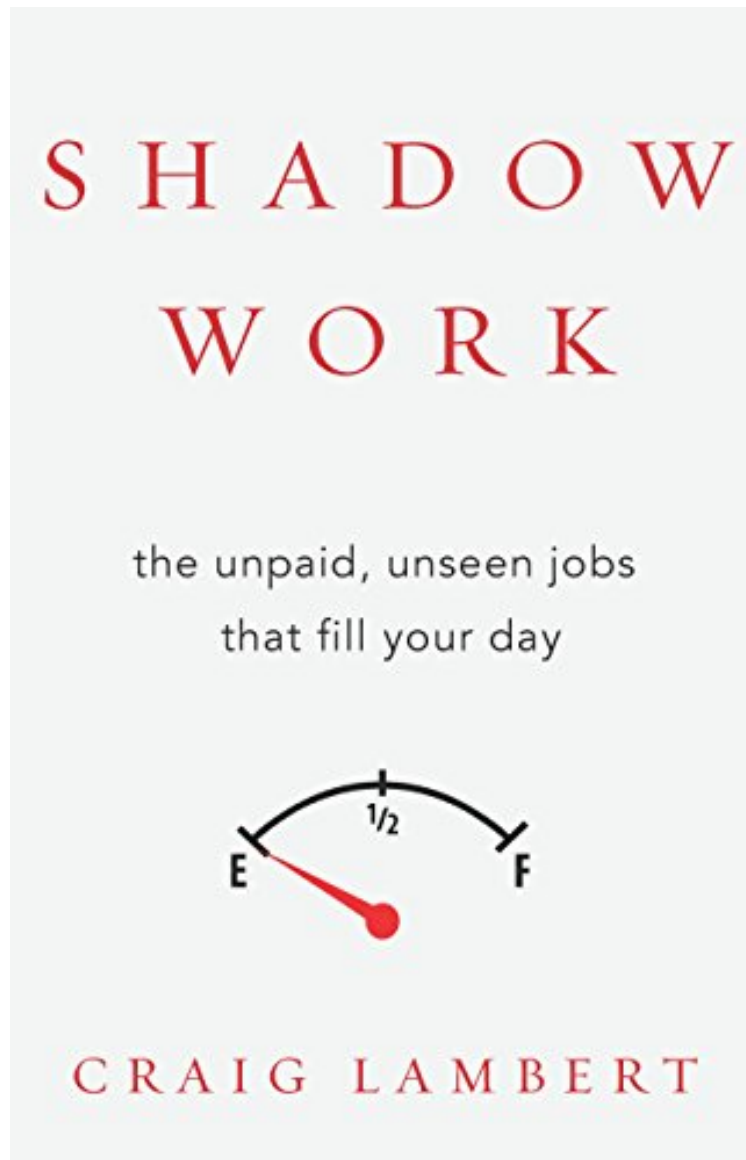


(Download) Shadow Work: The Unpaid, Unseen Jobs That Fill Your Day

Shadow Work: The Unpaid, Unseen Jobs That Fill Your Day

Craig Lambert

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Craig Lambert : Shadow Work: The Unpaid, Unseen Jobs That Fill Your Day before purchasing it in order to gauge whether or not it would be worth my time, and all praised Shadow Work: The Unpaid, Unseen Jobs That Fill Your Day:

4 of 4 people found the following review helpful. AN EXCELLENT READ ... HIGHLY RECOMMEND!!!By Liz SeverinoI bought this book for a friend who requested it AND I read it first before I wrapped it ... because exactly what this book talks about is exactly what I've noticed happening in my own life!!! And what is that, you ask? I've noticed that it is taking me 3 times longer to accomplish the same results as it did 10 or 15 years ago!!! I've been

noticing this and it's been frustrating me because I haven't understood WHY ... I'm an EXTREMELY efficient "worker/producer" type and it simply has made no sense to me at all. Reading Mr. Lambert's book explained this recognized phenomenon in all its manifestations in our lives today ... some of which I totally hadn't seen ... but in almost every paragraph, I saw the TRUTH of what's going on. We assemble our own furniture (unpaid work), deal directly with the manufacturers or distributors with customer complaints (unpaid work), design our own stuff and click "Send" on it (unpaid work), order our own stuff (unpaid work), return our own stuff (unpaid work) ... and on and on with unpaid work WE are doing now that companies or retail stores USED to do for us. The catalyst for it is, labor is expensive, so companies are putting the labor on the consumer (whom they don't have to pay) instead of themselves or anyone else in the distribution chain. The book is totally well worth reading ... and ... spoiler alert so read no further if you DON'T want to know this ahead of time ... the author has no substantive suggestions on how to change it, because it's simply the way things are being done now and is likely to continue for the considerable future, he observes. I have a different response and reaction ... I feel that an obvious solution is to simplify, and since reading the book, I have been doing exactly that ... and I DO now have more time!!!

5 of 5 people found the following review helpful. I think the idea for the book was good but it veered off subject so many times for ...

By Frank G. Risalvato

Not as impressed as the NPR interview made me believe it would be. He kept using the term "shadow work" over and over again. Probably added a few pages to the book by repeating that term so many times. I think the idea for the book was good but it veered off subject so many times for many pages.

As but one example - there was a good portion of a chapter devoted to raising children and managing a family as "shadow work". Not really shadow work in my opinion. That to me is work that has measurable dividends when your kids become financially successful.

7 of 8 people found the following review helpful. Out of the Shadows

By Alfred J. Alcorn

It takes very little work, shadow or otherwise, to read and enjoy Craig Lambert's new book on how we spend a lot of our waking hours. In exploring shadow work -- all the unpaid, time-consuming tasks we do scarcely without thinking about it -- Lambert gives us a compelling overview of contemporary life and how we have ended up pumping our own gas, ringing up our own groceries, and exposing ourselves to all the big and little brothers who want us to buy, buy, buy. (This review is part of that shadow work.)

As for the actual work... Having spent a year as a young boy on my grandfather's farm in the west of Ireland in the late forties, I have a good idea of what it takes to grow and make your own food -- from churning butter and baking bread to growing potatoes and butchering a hog. By contrast, ringing up and bagging your share of the American cornucopia hardly seems like a great exertion. But that's not Lambert's point. Rather, the shadow work he describes (some of which is actual work) is onerous mostly because it is a claim on our attention, our energy, and especially our time, the one resource we cannot renew. And why do we put up with it? In part it derives from the way our economy and technologies are evolving. In part because we don't feel we have a choice. And in part because most of us are in thrall to that enduring banality: more is better. Getting and spending, we not only lay waste our powers; we lay waste our hours, our days, our years. In concluding this very readable book, Lambert brings his keen eye and agile prose to bear on this aspect of shadow work. It should serve as a preamble to a follow-up about the larger and related topic of how we spend our time, how we spend our lives.

With the exception of sleep, humans spend more of their lifetimes on work than any other activity. It is central to our economy, society, and the family. It underpins our finances and our sense of meaning in life. Given the overriding importance of work, we need to recognize a profound transformation in the nature of work that is significantly altering lives: the incoming tidal wave of shadow work. Shadow work includes all the unpaid tasks we do on behalf of businesses and organizations. It has slipped into our routines stealthily; most of us do not realize how much of it we are already doing, even as we pump our own gas, scan and bag our own groceries, execute our own stock trades, and build our own unassembled furniture. But its presence is unmistakable, and its effects far-reaching. Fueled by the twin forces of technology and skyrocketing personnel costs, shadow work has taken a foothold in our society. Lambert terms its prevalence as "middle-class serfdom," and examines its sources in the invasion of robotics, the democratization of expertise, and new demands on individuals at all levels of society. The end result? A more personalized form of consumption, a great social leveling (pedigrees don't help with shadow work!), and the weakening of communities as robotics reduce daily human interaction. Shadow Work offers a field guide to this new phenomenon. It shines a light on these trends now so prevalent in our daily lives and, more importantly, offers valuable insight into how to counter their effects. It will be essential reading to anyone seeking to understand how their day got so full—and how to deal with the ubiquitous shadow work that surrounds them.

Praise for Shadow Work "evocative ... his genius is in bringing together so many contemporary pet peeves ... a valuable guide to contemporary culture"—MacLeans Magazine "Lambert's straightforward, lucid writing illuminates the many obvious — but often glossed over — aspects of daily life in which shadow work is intruding...the historical context throws our current climate into sharper relief."—The Boston Globe "...[Lambert] explores all the ways corporations and new technologies fiendishly generate new tasks for us—each of them seemingly insignificant but amounting to many hours of annoyance."—The New York Times Book "...he is right about the enervating

cumulative effect of all the instances where personal service has been replaced with self-service. Being able to do one or two things for yourself can feel liberating; having to do everything can make you feel like a slave to the machine.”—The Economist “You doubtless feel too busy to read yet more about why we all feel so busy, but here’s a short book to put on your long to-do list. Even if you have time only to skim it, you’ll see your lack of leisure in a fresh light....[B]efore you can hope to rebalance your time, it’s better first understand how you actually spend it.”—The Atlantic “...he gives so many outstanding examples from all facets of life that, as you read through each of the chapters, you will have enough data to notice exactly how you are spending your time and whether you would choose to keep spending it that way or to do something else. Overall, I feel that ‘Shadow Work’ is a fantastic book for those who feel time slipping away and want to get the best use of the time they have.”—Small Business Trends “With wry wit and interesting tales of this tectonic (or should we say techtonic) shift, Lambert laments the loss of human connection this screen-gazing entails—the time wasted, the expertise compromised and the money unearned by both shadow workers and would-be employees.”—The Improper Bostonian “Lambert’s guide to this phenomenon explains how the modern American’s day has gotten so full, offering some unique insights into the ubiquitous tasks that lengthen the work day and creep into downtime.”—Library Journal “An appealingly different view of employment based on what people actually do and not just statistics.”—Kirkus “By exposing this phenomenon, Lambert may help readers become more aware of their choices and opportunities. His observations are both illuminating and disturbing, and well worth considering.”—Publisher’s Weekly “An insightful and original book that lit up areas of daily life I’d never looked at before. Lambert does a brilliant service by explaining where our vanished, old-fashioned free time went, and why.”—Ian Frazier, author of *Travels in Siberia* “Increasingly, time is our scarcest resource. Craig Lambert’s important book will change how you think about your days. Shadow work is a new and vitally important concept for understanding the new economy. Lambert’s arguments need to be carefully considered by all who ponder our economic future.”—Lawrence H. Summers, Former U.S. Secretary of the Treasury, Professor and President Emeritus, Harvard University. “With precision, wit, and erudition, Craig Lambert identifies the invisible drains on our leisure time—and on our mental and emotional freedoms. None of us signed up for all of this pro bono overtime for corporations. How can we quit? This book shows the problem’s economic and social causes—and even better, suggests an escape route.”—Virginia Heffernan, author, *Magic and Loss: The Pleasures of the Internet* “Without any debate or conscious choice, during the last couple of decades technology has radically changed the premises and nature of everyday life and work. We may know this, more or less, but reading *Shadow Work* still triggers multiple “D’oh!” moments. Craig Lambert lucidly, thoughtfully, and provocatively connects the dots of this profound, pervasive, and unfinished social and economic transformation.”—Kurt Andersen, author of *True Believers* and host, *Studio 360* “Who knows what larceny lurks in the heart of our economy? Lambert knows.”—Roy Blount Jr., author of *Alphabet Juice* “Where have all the sales clerks/bank tellers/travel agents gone? Long time passing, along with the secretaries, waitstaff, ticket agents, and so many more. Those jobs still exist, but now you, the so-called customer, are doing them—without pay, of course, and on your own time. As Craig Lambert shows in this mordant, mischievous book, our no-service gig economy gives new meaning to the phrase “free market.” —Hendrik Hertzberg, Staff writer, *The New Yorker* “Think you know how you spend your days? Think again. *Shadow Work* is a visionary book that will change the way you look at—well, just about everything.”—Andy Borowitz, *The New Yorker* “I’ve been enjoying Craig Lambert’s work for decades in *Harvard Magazine*. He can make any topic clear, readable, and fascinating. And here he’s got a great story: the excess “shadow work” we’ve all taken on in the modern age. From the first page, he’ll have you looking at your life, and the world, in a whole new way.”—Mike Reiss, Emmy-winning writer, *The Simpsons* “Shadow work is all the things we do—from assembling our own furniture to booking our own travel—that has become the new normal. And like everything that becomes the new normal, it is invisible. Lambert’s ambition is substantial: to make that invisible visible. His hope is that once we see where we are, we can make some choices about where we want to go. A deft writer; a compelling case.”—Sherry Turkle, Professor of the Social Studies of Science and Technology, MIT, and the author of *Alone Together: Why We Expect More from Technology and Less from Each Other* “Craig Lambert combines his gifts as sociologist and detective to solve that perennial mystery: where has all our time gone? In *Shadow Work* he reveals how we unwittingly perform labors that companies used to do, but have offloaded onto us. Reading *Shadow Work* will be full of A-ha! moments for readers. It’s delightful, surprising, witty, and smart.”—Daniel Goleman, author of *Emotional Intelligence* “*Shadow Work* is an eye-opening expose of the countless subtle ways in which corporations and other large organizations are conscripting all of us to donate our invaluable time and labor to advance their economic and other goals, without our consent and often even without our awareness. By bringing this serious problem out of the shadows, this important book makes an essential contribution toward countering it.”—Nadine Strossen, John Marshall Harlan II Professor of Law, New York Law School and former President of the ACLU “This book will revolutionize the way you look at how you spend your time—doing countless hours of unpaid work for The Man. Like Malcolm Gladwell, Craig Lambert brilliantly reveals the hidden currents of contemporary life.”—Daniel Klein, co-author, *Plato and a Platypus Walk into a Bar: Understanding Philosophy Through Jokes* Praise for Craig Lambert “Craig Lambert captures the essence of rowing as a metaphor for life. Each

stroke into ever-changing waters is part of a voyage seeking unity, harmony, and balance.” —Deepak Chopra
“Mind Over Water is entertaining, wry, and wise. Craig Lambert does for the Charles River what Thoreau did for Walden Pond. Read this book not just for the fascinating insider’s view of the art of rowing, but for what it says about the art of living.” —Daniel Goleman, author of Emotional Intelligence
“Lambert has finished the course well in Mind Over Water, which has the same attributes as the rowing he adores: precision, grace, and total immersion.” —Boston Globe
“A thoughtful, lovingly drawn meditation.” —The New York Times
“There appear to be three ways to row 2000 meters: on a river, which can be wet, cold, and very hard work; on an erg, which is just very hard work; or by gliding effortlessly through the pages of this perfect little book.” —Andrew Tobias, author of The Only Investment Guide You’ll Ever Need
“..this meditation on the art of rowing is oar-stroke precise. Its themes are distilled into tight, poetic summations; its autobiographical elements (including the portrait of Boston’s Charles River rowing community) prove engaging; its feels-like-you’re-there descriptions have an appealing immediacy; and the author’s passion for rowing is conveyed convincingly.” —Booklist