



Working smarter doesn't have to mean a dog's life. Page 33.

FEATURES

PERSONAL PRODUCTIVITY

WORK SMARTER, NOT HARDER 33

We work longer and longer . . . Are we trying too hard? *By T George Harris and Robert T. Trotter*

ALL WORK AND NO PLAY ISN'T EVEN GOOD FOR WORK 34

Playfulness can lead to creativity, satisfaction and increased productivity. *By David J. Abramis*

8 WAYS TO RETHINK YOUR WORK STYLE 42

An agenda to change your mindset that can really work for you. *By Marjory Roberts*

HIGH-TECH CURES FOR THE TIME CRUNCH 46

New programs that help you manage your energy at work and at home. *By Roxane Farmanfarmaian*

YOUR BRAND OF SWEAT 50

Your personality often picks your sport. Take our test and see how well they mesh. *By James Gavin*

WHAT MAKES AN IDEAL MAN? 58

A PT Questionnaire by Sam Keen and Ofer Zur: Do muscles, morals or manners make the man?

DEPARTMENTS

EDITOR'S NOTE

Doggerel from the top

4

LETTERS

On the quandary over custody

6

THE FACTS OF LIFE

Criticism; sex

10

SELF MANAGEMENT

Brief therapy in the mainstream

20

MIND AND BRAIN

Treating bulimia

26

FIRST PERSON

Is today's bogeyman a child abuser?

30

WOMEN AND MEN

Sexual honesty; lasting marriages

62

BOOKS

Authoritarians among us

66

MINDING YOUR HEALTH

Stress and eating

72

FAMILY MATTERS

Hurrah for daddy

76

PICK YOUR FAVORITES

The 10 best articles in PT

78

PERSONAL Q&A

Anxiety attacks

80

How your favorite sport reflects your personality. Page 50.

ON THE COVER: Photograph of Fay Ray by William Wegman; prop styling by Steven Whitehead.



A new book reports on the rise of authoritarianism. Page 66.

Sexual signals should be upfront. Page 62.



PERSONAL PRODUCTIVITY: ON THE JOB AND BEYOND

MARCH 1989 US \$1.95 CAN \$2.95

PSYCHOLOGY TODAY

How to Stop Working Like a Dog

...and Still Get More Done

The techniques, the tools,
the mindset you need to work
smarter, not harder

THE 7 TYPES
WE CRITICIZE
TEST: WHICH
SPORTS FIT YOUR
PERSONALITY?

WHAT MAKES AN
IDEAL MAN?



MereMart.com®
Vintage Magazines for Special People



#221B*****CAR-RT-SORT**CR09
#FLL0204C094#
490684 FLL 0204C092 3418 SEP89
CHARLENE V FOLLETT 02#TT
204 CECIL ST SE MN 55414
MINNEAPOLIS