

MULTITASK FOR WHAT?

You *can* have it all. You can work harder, play harder, and multitask your way to squeezing 31 hours of activity into a 24-hour day. That's the finding of a study conducted by the American Management Association.

The study concluded that people can add almost 50 percent more activity to a typical day of 16 waking hours. Similarly, according to U.S. Labor Department figures, the average yearly increase in U.S. workers' productivity has doubled from 1.5 percent during the period from 1987–1996 to 3 percent from 1997–2006.

But at what price? Through technology, people are accomplishing more in less time, but they are feeling overwhelmed by the multiplicity of their lives, according to Ed Reilly, CEO of the AMA. "There's a sense of fatigue that comes from multitasking," he says. "You can force yourself to keep doing things, but you may not be as effective."

Jesus words take on new meaning.....

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest.

²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

³⁰ For my yoke is easy and my burden is light." (Matthew 11:28-30).