

What Has Dr. Shook Been Reading?

The Hamster Revolution, Stop Info-Glut-Reclaim Your Life.

By Mike Song, Vicki Halsey and Tim Burress

This is the Story of Harold, A Human Resources Director being buried alive by email, voice mail and meeting notes. His never-ending struggle to manage work responsibility and have a quality home-life has turned Harold into a hamster ... a hamster running on a wheel. With the council of an "Info-Couch" and productivity Expert Harold joins the "Hamster Revolution and is able to improve email efficiency and the management of files on his computer. With increased productivity and reduced stress Harold returns to human form and is able to excel at work while spending more time with his family.

The Hamster Revolution takes the reader on Harold's journey as he learns to reduce email volume, improve email quality and coach others to send cleaner, more appropriate and functional e-mail. The lessons are simple and practical offering action steps that can be immediately implemented.

This is a story book version of an employee training program implemented by several large corporations. Frequently mentioned is a study where 2,000 Capital One Employees cut their email time by 23% and improved email quality by 52%. The Hamster Revolution speculates that the time saved can equal 30 minutes a day or 15 days a year. Just like the forward promised, I read this sweet and entertaining book in about 90 minutes. I found myself energized, optimistic and looking carefully, with a critical eye, at my own email and file management system.

What can you do with 15 extra days a year? What can you do with 30 more minutes a day? Cook a nutritious meal, read a book or ... making your chiropractor smile ... take a walk.

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