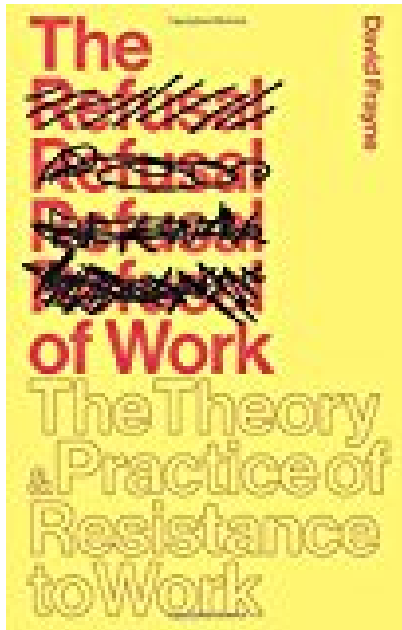


The Refusal of Work Rethinking Post-Work Theory and Practice



BOOK DETAILS

- Author : David Frayne
- Pages : 224 Pages
- Publisher : Zed Books
- Language : English
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BOOK SYNOPSIS

Modern capitalist society runs on paid work. Yet for many of us, paid work is at best a frustrating experience. Some of us are burdened with too much work, while others fight the hard realities of precarious, low-paid, low-quality work amid persistent mass unemployment. So what if we rethought the whole system? That's the ambitious challenge David Frayne takes up in *The Refusal of Work*. Drawing on substantial empirical research into the lives of people who are actively resisting employment--either by reducing their work hours to the minimum or by giving up work altogether--Frayne delves into the reasons that people disconnect from work, the strategies they develop for coping with not working in a society that demands work, and, perhaps most interestingly, what they do with their free time. The resulting book offers a fascinating portrait of an alternative approach to life under capitalism, and a bracing reminder that a humane and sustainable vision of social progress is possible.

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