



From the October 2012 SPIRIT Magazine:

**98%** of us send work emails on nights & weekends.

Talk about working overtime. This is just one way that the sacred line between the personal and professional has blurred, according to joint research from Gyro, a global creative agency, and Forbes Insights. The groups' report, which surveyed 543 executives, also found that only 3 percent of respondents said they never send or receive business emails while on vacation. This overlap of leisure and labor is, of course, due in large part to the insinuation of the Internet, social networking, and smartphones into our lives. Gyro CEO Christopher Becker, for one, doesn't find it to be a problem: "Contrary to the negative perceptions about being 'always on', people no longer feel rushed to make business decisions, instead valuing the flexibility that this state of mind allows."

Hey, is that your inbox pinging?