

# Why being too busy makes us feel so good

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## *The Washington Post:*

One man says he works 72 hours a week because everyone else at his office does; he's thinking about cutting back on sleep so he can be more productive. A woman says the last time she had a moment for herself was when she went for her annual mammogram. Another says she has decided that life is too hectic to have kids — ever.

Then a woman bursts in, apologizing for being late to this focus group convened precisely to discuss the fast pace of modern life. She got stuck in traffic, she explains.

Read the whole story: [\*The Washington Post\*](#)