Vacations are essential to your health, happiness, productivity, relationships, love life, and overall well-being.

Vacations aren’t a luxury. They’re essential.

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Americans are among the world’s worst vacationers: 34% never take vacations at all.*

Vacationers are more likely to be highly efficient, successful, and popular go-getters.

The benefits of taking annual vacations: better health, less stress, more energy, increased libido, higher productivity, greater satisfaction in relationships, and increased overall happiness. Want to do better on the job, work smarter, and work less?

You may feel you can’t afford to take a vacation.

The truth is, you can’t afford not to.

Sources:
*Vacation Integration Towards an All-Inclusive Lifestyle (Nielsen, 2013) | Vacation Deprivation Survey (Expedia, 2011) | † Work to Live, by Joe Robinson (Perigee 2003)