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## PSYCHOLOGY

Lambert, Craig. *Shadow Work: The Unpaid, Unseen Jobs That Fill Your Day*. Counterpoint. May 2015. 304p. ISBN 9781619025257. \$26. PSYCH

Over time, American consumers have taken on many of the tasks that historically businesses and organizations offered as services. Lambert (*Mind Over Water*) calls these tasks shadow work. Planning one's own travel, pumping gas, and self-service groceries mean more effort for the consumer and a loss of leisure time. In many instances technology, and especially the Internet, has contributed to this. Although many of these tasks save time or money, the author argues there are consequences to society. Shadow work means losing face-to-face contact with fellow human beings, less importance given to expert advice, and fewer entry-level jobs. Though offering a warning as to the implications to society, there is little resolution offered. **VERDICT** Lambert's guide to this phenomenon explains how the modern American's day has gotten so full, offering some unique insights into the ubiquitous tasks that lengthen the work day and creep into downtime. This will interest and enlighten futurists and those with curiosity in the ways technological trends have both changed and will continue to alter the undercurrent of modern life.—Kristen Calvert Nelson, Marion Cty. Pub. Lib. Sys., Ocala, FL