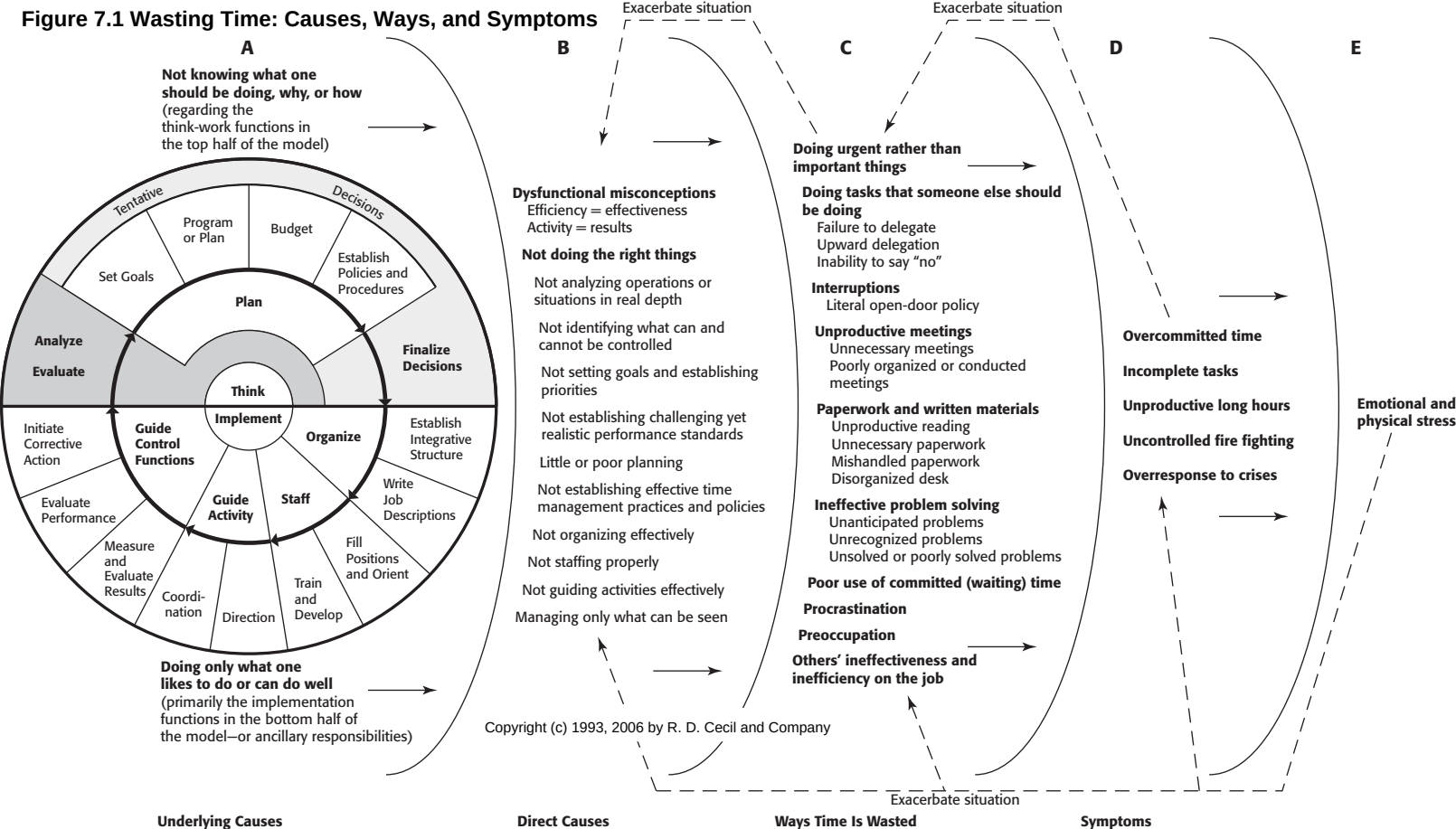Figure 7.1 Wasting Time: Causes, Ways, and Symptoms