

## Eli's Rehab Report

### Time Management: Make the Most of Your Daily Commute

#### Take this time to learn something new.

Getting to and from your therapy practice and making offsite therapy visits can easily eat up precious minutes of each day. Your time is very valuable, so why not make the most of it with some productive learning?

You could easily learn how to improve your human-relation skills, gain skills involving your favorite hobby, or even learn to speak a foreign language. On average, a 250-hour annual commute is like attending six full 40-hour weeks of training.

Here are some ideas to ponder while you're in transit:

★ Listen to books on tape. Many books are now on CD and are available for free from libraries. There are also rental services such as [www.booksontape.com](http://www.booksontape.com) or [www.recordedbooks.com](http://www.recordedbooks.com). You can rent anything from an epic novel to a book that will help you to learn Chinese!

★ Download favorite podcasts to your iPod. Here are just a few great places to visit for engaging material. Simply Google the names below to find out where and how to download the shows.

✓ **This Week in Tech:** Want to improve your technology skills? The show's host and friends talk about the tech issues of the day. There are tons of tech podcasts for you to choose from.

✓ **Amateur Traveler:** Planning your next vacation? The Amateur Traveler is a travel advice podcast. On each hour-long episode, the host speaks to travelers, journalists and other wayfarers to help prepare you to visit far flung destinations.

✓ **This American Life:** Do you just want to sit back and be entertained? This is not a news show or a talk show or a call-in show. They are not really formatted like other radio shows. Instead, they do stories that are like movies for radio.

✓ **Good News Network:** Tired of all the negative news on the radio and TV? Check out these uplifting podcasts. These stories will make you feel better about the world and arm you with a positive attitude for the day (or evening) ahead.