

The Sex of Your Dreams (& Hers)!

TONS OF  
USEFUL STUFF

# Men's Health

Amazing New Plan!

# LOSE YOUR GUT

SCULPT YOUR BODY  
IN JUST MINUTES A DAY!

# POWER UP YOUR DIET!

10 PERFECT MUSCLE FOODS

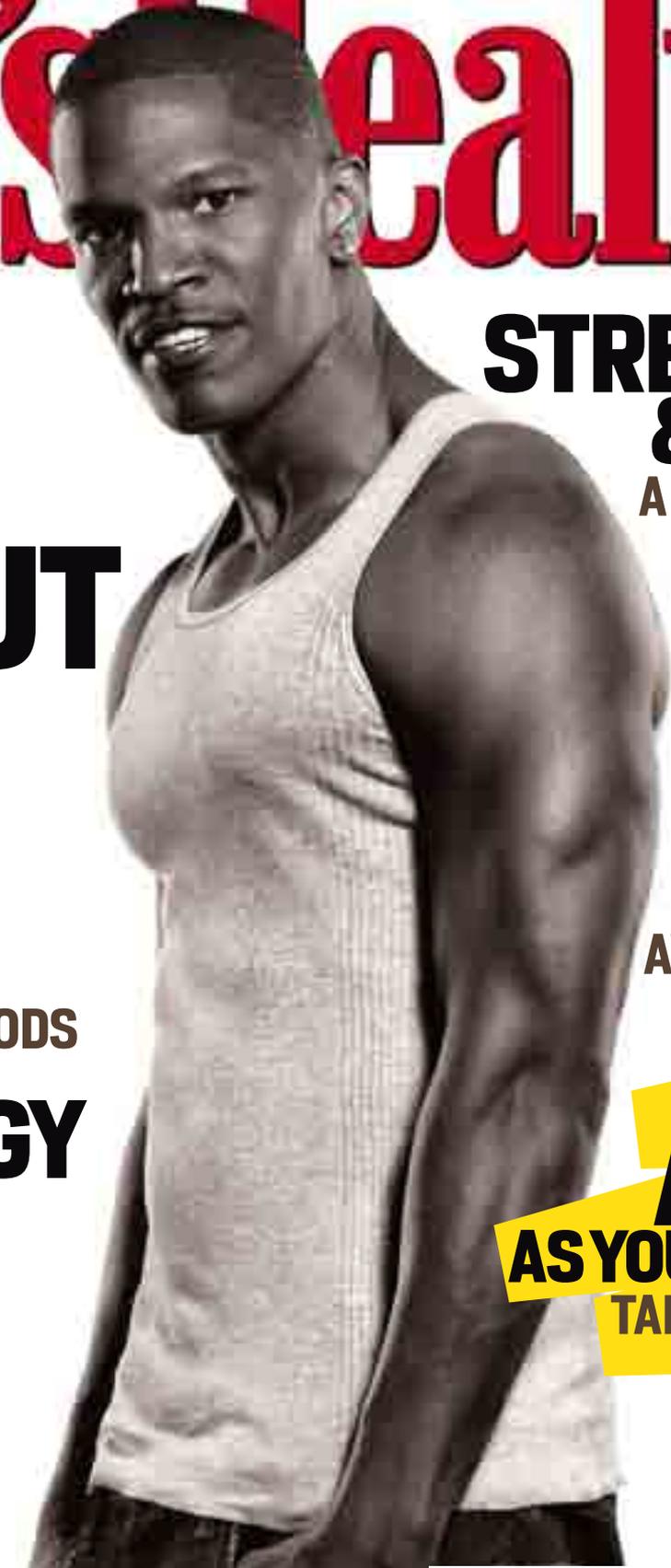
# MORE ENERGY INSTANTLY!

YOUR SECRET SOURCE

JUMPSTART YOUR LIFE!

# 2,143

# COOL NEW HEALTH, FITNESS, SEX & NUTRITION TIPS!



# STRENGTH & CALM

A MIND/BODY  
WORKOUT

# LOOK YOUR BEST NOW!

AVOID THESE  
MISTAKES

# ARE YOU AS FIT AS YOU THINK?

TAKE OUR TEST  
p.82

The Men's Health Guy  
**Jamie Foxx**  
"Get up in the morning  
and challenge yourself."



SEPTEMBER 2007

\$4.50 US \$5.99 CANADA  
DISPLAY UNTIL SEPT. 18

MENSHEALTH.COM

## Labor daze

Labor Day signals more than just the end of summer. Since 1887, it's given Joe Lunchpail a much-needed day of recess. What we do defines who we are and how well we live. Here's how you gauge the highs and lows of your gig.

[Based on a survey of 1,228 men]



### 1 How satisfied are you with your job?

**Extremely satisfied:** 11%  
**Satisfied:** 55%  
**Not satisfied:** 27%  
**I hate my job:** 7%

### 2 Are you fulfilling your childhood dreams?

"I wanted to be a race-car driver. Now, I'm a desk jockey with a commute."  
**BRANDON, 26**

"I wanted to be the next Cousteau. I'm now a Coast Guard officer."  
**JAMES, 36**

"Fighter pilot. Born to be wild but raised to be an accountant."  
**RICK, 43**

### 3 What would be your dream job now?

"GM of the Yankees. That should be open soon."  
**NEIL, 33**  
 "Pro golfer."  
**RUSS, 29**  
 "Owner of a gym."  
**BRIAN, 34**

### 4 How many hours a week do you work?

**20 or fewer:** 2%  
**21 to 40:** 30%  
**41 to 60:** 60%  
**61 to 80:** 7%  
**81 or more:** 1%



About a quarter of guys spend half their day or more goofing off.

### 5 What percentage of your day do you actually spend working?

**30 or less:** 10%  
**31 to 40:** 6%  
**41 to 50:** 8%  
**51 to 60:** 10%  
**61 to 70:** 20%  
**71 to 80:** 21%  
**81 to 90:** 21%  
**91 to 100:** 4%

### 6 What distracts you from your work?

**Internet:** 74%  
**Goofing off:** 63%  
**Personal errands:** 50%  
**Reading:** 24%  
**Watching TV:** 9%



### 7 How do you justify time spent not working?

"Your number of work hours is meaningless. It's about getting the job done."  
**BEN, 34**  
 "If I don't take 5 minutes per hour to look at CNN.com, I go crazy."  
**MIKE, 32**

"The people I work with take 10 smoke breaks a day. That entitles me to 90 minutes of personal time."  
**CASEY, 24**  
 "I'm the boss."  
**ED, 46**



One-third of men believe they could do a better job than their boss does.

### 8 How often does work interfere with your personal life?

**Never:** 28%  
**Sometimes:** 53%  
**Often:** 19%

### 9 How accessible are you after hours?

**I take cellphone calls:** 82%  
**I check e-mail:** 31%

### 10 What's the most satisfying part of your job?

**Pay and benefits:** 33%  
**People:** 23%  
**Challenge:** 18%  
**Helping others:** 12%  
**Feeling of accomplishment:** 8%

### 11 What makes you good at your job?

"I'm a great teacher and an even better delegator."  
**MIKE, 29**  
 "I know my job inside out."  
**CONRAD, 42**  
 "I don't leave until I've done something worthwhile."  
**CHAD, 34**  
 "Tenacity."  
**JON, 24**

### 12 Which would you prefer?

**A raise:** 57%  
**More vacation time:** 18%  
**More responsibility:** 9%  
**More job security:** 7%  
**A better office:** 3%  
**Less responsibility:** 2%



Seventy percent of men say it's important that their work have social value, but only 37 percent say their jobs do.



### 13 What's the most important quality of a great boss?

**Leads by example:** 48%  
**Fair:** 21%  
**Inspirational:** 13%  
**Experienced:** 11%  
**Laid back:** 5%

### 14 Could you do a better job than your boss?

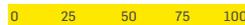
**Yes:** 32%  
**About the same:** 30%  
**No:** 33%

### 15 What are the differences between men and women in the office?

"Guys are better at putting aside personal conflicts."  
**NEIL, 32**  
 "Men don't seem to get as upset over the little details."  
**KOREY, 34**  
 "Women focus on process, men on the goal."  
**ALONZO, 46**  
 "Which restrooms we use?"  
**DERRICK, 27**

### 16 What workplace woe troubles you the most?

**Incompetent coworkers:** 23%  
**Job stress:** 17%  
**Low pay:** 12%  
**Lame boss:** 12%



### 17 Are you paid a fair wage for the job you do?

**I'm not paid nearly enough:** 50%  
**I'm paid fairly:** 45%  
**Actually, I'm probably paid too much:** 5%

### 18 What's the best job-related advice you've ever received?

"Dress for the job you want, not for the one you have."  
**BRETT, 30**  
 "Pursue a big passion, not a big paycheck."  
**ROBERT, 28**  
 "Don't bring me a problem without bringing three solutions."  
**CHUCK, 41**  
 "Make mistakes, but don't let mistakes happen."  
**DOUG, 32**



Only 28 percent of men would report unethical or illegal activity to superiors.

## Succeed in business ... instantly

### 1 BE UNPREDICTABLE

The brain craves novelty. Emory researchers found that when a sequence of events occurred in an unpredictable order, the brain's reward-related neural structures lit up more than when the same events occurred predictably. "To separate yourself, send an annotated magazine clipping instead of forwarding an e-mail link," says Steve Harper, author of *The Ripple Effect*.

### 2 NURTURE SIMILARITIES

We're wired to like people who are like us. University of British Columbia researchers found that commonality signals kinship. Dress, age, religion, lifestyle, personality, and background similarities have all been linked to increased compliance. Start by mirroring posture and attitude, and then look for other clues to deepen connections.

### 3 DON'T GIVE THEM A CHANCE TO HATE YOU

On the other hand, *too much* familiarity could breed contempt. So skip the marathon golf outing and hit the driving range instead. Harvard and MIT researchers found that once we find a flaw in someone—as happens in competitive settings or during any prolonged exposure—subsequent information is more likely to be interpreted as further evidence of dissimilarity.

### 4 GET TO KNOW THE PEOPLE YOU SORT OF KNOW

Stanford professor Mark Granovetter, Ph.D., found that acquaintances can be more useful than friends when it comes to obtaining new information and ideas. Strong networks insulate you, he says, because you already share so much common knowledge.