



Joe Sanok

Author | Podcaster | Consultant



Joe Sanok is a time researcher and expert in the four day work week. He's presented in various media interviews and keynote appearances.

ABOUT JOE

Thursday is the New Friday: How to Work Fewer Hours, Make More Money, and Spend Time Doing What You Want – authored by Joe Sanok, is an insightful guide on how individuals can maximize their productivity and creativity by working fewer hours and spending more time pursuing personal interests.

This innovative approach to work has garnered attention from prestigious publications such as *Forbes*, *Harvard Business Review*, and *Smart Passive Income Podcast*, which boasts over 100,000 downloads monthly and is ranked among the Top 50 Podcasts globally.

Sanok's expertise and dedication are evident in the over 1,000 podcasts he has hosted in the last decade, featuring prominent individuals from diverse fields, including bestselling authors, experts, scholars, business leaders, and innovators.

FEATURED ON



POTENTIAL QUESTIONS

- What is the history of the seven day week and 40 hour workweek, how does that apply to our current conversations about how we structure work?
- In the book, you argue that we have been moving toward a four-day week for a while, why?
- In the book, you discuss 'Internal Inclinations', take us through those.
- The neuroscience and case studies in the book point to slowing down unlocking hidden creativity and productivity, why is this and what are some examples?
- In the book, you discuss the flow between slowing down and killing it and how this pushes back on "hustle culture", how does that work?
- You outline Sprint Types™ in the book, will you walk us through how those work?

