

Although people all over the world are working longer and longer hours, we also have more leisure time\* than ever before. The vast majority, eighty-five percent, regularly read newspapers, and fifty-four percent regularly read books.\* According to the latest research by supermarkets, the average British family spends just eleven minutes preparing the main evening meal, and prefers 'ready meals' and takeaways to home-cooked food. No wonder that the vast majority of working women in the UK say they are !stressed and exhausted