The author discusses what constitutes a full work week in the United States. He believes that a new era of work is coming, in which the usual concepts of working time will change. The state strives to increase labor productivity without increasing the duration of the working week; as one of the solutions, the author proposes the independent distribution of working time by employees. He cites the pros and cons for a person to determine and set the boundaries of his working day and workplace.

The author argues that a decrease in the working week does not affect labor efficiency. He cites the example of Denmark, where a worker has successfully reduced the work week by 8 hours without losing efficiency. In the United States, there is a convention of a minimum work week, however, due to new technologies and demographics, workers are now able to work smarter versus harder, so they can get their jobs done faster. Employees can meet with customers and conduct business globally with the click of a mouse versus having to travel to face-to-face meetings. The computer has replaced our personal typewriter, and the Internet has replaced telephone conversations. Moreover, in many areas it is now possible to work from home and not waste time on transport, reduce the level of distracting communication and other factors that elongates the workday . However, the author believes that, despite all the advantages, such freedom can harm the psychological state of the employee. For example, working from home and at any convenient time, a person becomes constantly “plugged in”. This adds additional stress due to feelings of depression, burnout, and increased job dissatisfaction. Also, due to the fact that the boundaries between work and personal time are blurring, workers are engaged in work issues while on vacation with their families, which increases the potential of a work-life conflict. The author ends up saying that the problem working week problem is becoming more acute, he sees its solution in adding flexibility to the work schedule.