Science Confirms: Weekends a Must for Sanity

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I always knew I liked weekends, now I have a medical excuse for taking them!

Seems that the average person is a lot happier and less stressed out on the weekends, and a lot of it has to do with feeling some control over your time and what you're doing. Now you may say this is common sense, but with the ever encroaching 80 hour work week here in the U.S., it's nice to know that the scientists have our backs.

Now, I just want them to prove that three-day weekends are actually best of all.

Read more.

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