

St. Louis-area author and entrepreneur, Jeff Steinmann, blogs for Huffington Post

On March 6, 2014, local author and entrepreneur, Jeff Steinmann, began blogging for the online news web site and blog founded by Arianna Huffington. Steinmann will write a weekly blog about improving the quality of life by becoming more aware of how they spend their time. It will appear in the Huffington Post's "Third Metric" section.

"There is so much talk today about jobs, politics, money and crime. I think we need to focus on starting a conversation about how we can live better lives. I believe that starts with realizing that time, not money, is the most precious asset we have." Steinmann said. "Once you get on board with that, the first thing you'll want to do is quit spending over 40 hours a week at a job you don't like."

When asked how he came to blog for the Huffington Post, he said, "On a long shot, I pitched my idea to Arianna Huffington and she loved it. A few days later, I was talking to the senior lifestyle editor for the Huff Post. Ironically, the first blog was published on my 39th birthday, which I thought was pretty cool."

Steinmann wrote and published "How to Quit Working: A Simple Plan to Quit Your Job for a Life of Freedom," a comprehensive yet simple guide to help readers stop working jobs they don't like and create business for themselves that allow them to focus on what is most important to them.

Steinmann's blog is available at <http://huffingtonpost.com/jeff-steinmann>. For more information about Jeff Steinmann and How to Quit Working, visit <http://howtoquitworking.com>.

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Jeff Steinmann is an independent writer and is not associated with the Huffington Post.