Read carefully the following excerpt on garbage classification and then write your response in NO LESS THAN 200 words, in which you should

Summarize the main message from the excerpt, and then

Give your comment on mid-career break.

The Surprising Benefits of a Mid-career Break

Once considered career suicide, sabbaticals are now not only accepted – but encouraged – by some employers. Here’s how to take one and still get ahead.

When Winston Chen told his friends that he had quit his job as chief technology officer at a software company to move to a small island in Arctic Norway with his family for a year, few people called him crazy. Instead, most people simply replied: “ I wish I had the guts to do that.” At first, he said he was concerned that time away from the industry might hurt his career. “ That’s the main reason that keeps people from doing this, and I was no different, “ he said in an email. “ But you have to create the urgency for living the life you want.”

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While many people dream of taking time off mid-career, few actually do it. But the number of people taking lengthy sabbaticals later in life is increasing, according to experts. That’s in part due to companies becoming more open to the idea and the higher rate at which people are changing jobs. And depending on how you play your cards, you can return with a better job than when you left.

Of course, not all employers will be open to the idea of a gap year“Many employers are not so keen to see someone take off for a year because of the need for business continuity and consistency,” said Reboot Partners’ Smith.