



The Work And Life Balance Guide: Find Balance Between Your Work And Regular Life Today And Achieve Happiness In The Process (Mental Health)

Simon Wright

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The Work And Life Balance Guide: Find Balance Between Your Work And Regular Life Today And Achieve Happiness In The Process How many hours do you spend at work each week? Is your work robbing you, your family and your friends of time to relax and enjoy being together? What has happened on your job? Are you like the many employees who think their managers are too demanding and their workload unbearable? Do you feel trapped by impossible management expectations that just cannot be fulfill during normal working hours? Does your job interfere with having a satisfying social and family life? That's the proverbial snare of living to work instead of working to live. It isn't a new phenomenon, but it has gotten worse during the highly competitive economic times. Both employers and employees are often frustrated by the need to produce more and more in the same amount of time. Fortunately, an answer does exist. Productivity expert Simon Wright guides you into ways you can take action to relieve much of this pressure and resume a balanced, healthy lifestyle. Your boss will be pleased with the higher efficiency and productivity because it makes him or her look better. Even before you finish the book, you will have learned valuable lessons to help manage that tension between the demands of a successful career and your personal life and relationships. At just \$3.99, who could resist such a valuable resource from such a well-respected source? In The Work And Life Balance Guide will help you answer the question... Do you find your identity in your work or in your personal life? Do you love your work more than anything else in your life? The author gives you a checklist to help you evaluate yourself on this! Do you have clear, well-defined goals that give meaning and purpose to both your life and your work? Here, you'll also see some common goals that just don't satisfy. Can you identify the things you really want from life, not just once in a while, but every day? The author will challenge your thinking with nine things I'm sure you'll consider essential, but often neglected. This book will teach you: How to draw a distinct line between life and work How to rekindle your neglected social life How to overcome the ways work can rob your family. How to make family time really count! Why you need to go on vacation this year How to find the time and money for your hobbies. It is possible to cover all the bases in your life. You can succeed at both work and at home! You can be a great employee and also a great friend and family member. You may, however, only be able to do that by making the changes recommended by Mr. Wright.

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Jo Melvin:

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