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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

By Hire Library Manager Music Department Simon Wright

Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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 fulfilled 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...



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