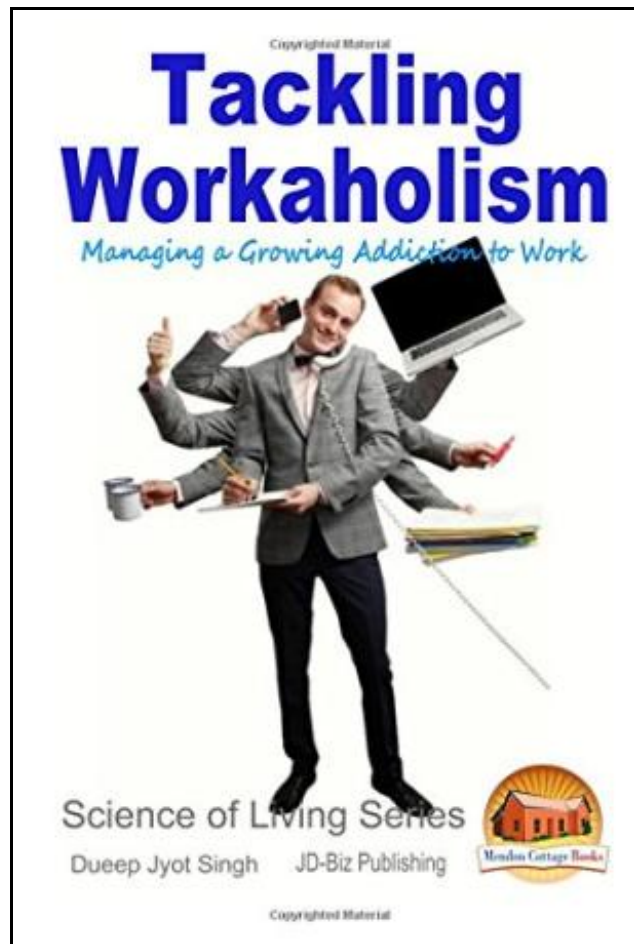


## Tackling Workaholism - Managing a Growing Addiction to Work



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***(Dr. Reta Murphy)***

## TACKLING WORKAHOLISM - MANAGING A GROWING ADDICTION TO WORK



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Introduction Work as an Emotional Substitute Sacrificing Family Time First Casualty - Marriage Economic Compulsions Effect on Health Social Obligations Tips for tackling workaholism Great Expectations Working Does Not Automatically Mean Workaholism Conclusion Author Bio Publisher Introduction Workaholism is a comparatively modern phenomenon. There has been a disturbing trend in a majority of people, growing addicted to work. Apart from this, affecting their general health, in the long run, it is also going to adversely affect their domestic happiness. This book is going to give you plenty of tips on how to recognize workaholism and how to manage it. Workaholism is some sort of obsession. In fact, there are a number of people I know, who begin to feel guilty, if they do not do one particular work at one given scheduled time. There is something wrong in the state of matter somewhere, if they are found enjoying themselves at a time, when they would usually be chained to a desk. And that is why they get stressed out, and spoil the enjoyment of everybody around them, because they are not at their desk, beaver away. If you are surprised at this, do not be. I come in that particular category. Since my 20s, I found myself getting upset, when I was not at my piles and miles and miles of files, doing a hard days work. I used to get annoyed, if somebody interrupted just to pass the time of the day. The seniors loved me, my peers kept contemplating justified pesticide because according to them, I was showing them up by pretending to be so dedicated and hard-working and earnest and all that...



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