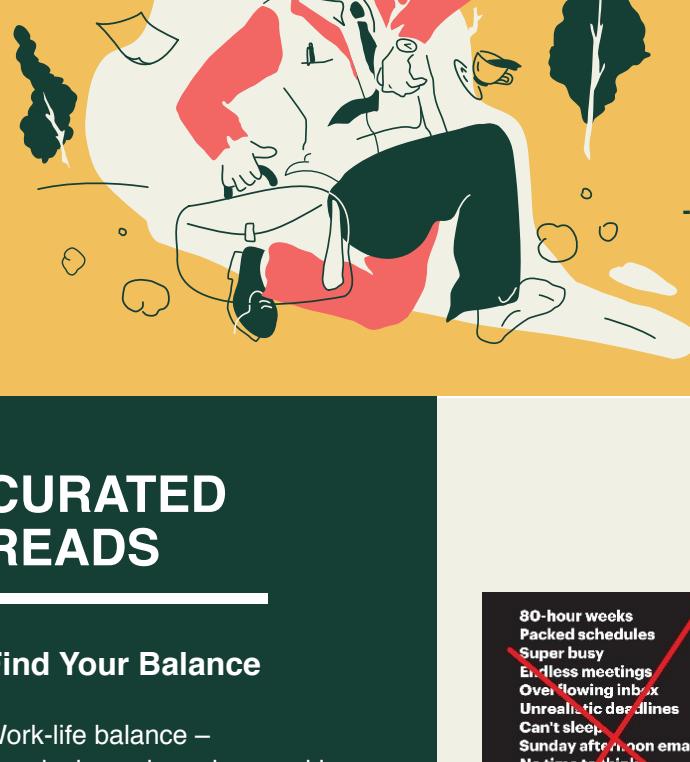




## Read@Work

Your Reading Supplement for Work and More



**"DON'T GET SO BUSY  
MAKING A LIVING  
THAT YOU FORGET  
TO MAKE A LIFE"**

- DOLLY PARTON

## CURATED READS

### Find Your Balance

Work-life balance – the elusive unicorn in a working professional's world. How can we navigate the complexities of our working culture in search for a more balanced life? There is no easy, one-size-fits-all answer but we hope that the following resources can help you gain clarity in the search for balance.



### It Doesn't Have to Be Crazy at Work

by Jason Fried and David Heinemeier Hansson  
Call no.: 650.1 FRI - [BIZ]

All rights reserved, New York: HarperBusiness, an imprint of HarperCollins Publishers, 2018.

This timely manifesto rejects the prevailing notion that long hours and aggressive hustle are required to run a successful business today. Based on the authors' insights and experiences of running Basecamp, this book offers straightforward advice on running a company that maximise happiness in the office.

Borrow the e-book [here](#).

### Find Your Balance Point

by Brian Tracy and Christina Stein  
Call no.: English 158.1 TRA

All rights reserved, Oakland, CA: Berrett-Koehler Publishers, Inc., 2015.

Is the imbalance in our lives a result of having too many things to do, or are we simply doing too much of the wrong things? Learn how you can identify and accomplish what truly matters to you.

Borrow the e-book [here](#).

### Lagom

by Niki Brantmark  
Call no.: English 646.7 BRA

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*Lagom* is the Swedish philosophy for enjoying balance in every aspect of life.

Full of insights and beautiful photographs, this book offers bite-sized actions to help you make subtle changes to your everyday life.

Borrow the book [here](#).

### Simple Strategies to Enhance Your Work-Life Balance

Forbes Article (5 min read)

The first step to achieving work-life balance is knowing what balance means to you.

This article features simple exercises that can help you get started.

Read more [here](#).

## THE HIT LIST

Here is an eclectic list of reads featuring some of our favourite quirky characters. From a grumpy old man (*A Man Called Ove*), to a social misfit (*Eleanor Oliphant is Completely Fine*), to a brilliant but emotionally-challenged geneticist searching for love (*The Rosie Project*), the antics of these incredibly endearing characters are guaranteed to tug your heartstrings while making you laugh out loud.

Borrow the e-books [here](#).

Email [read@nlb.gov.sg](mailto:read@nlb.gov.sg) for enquiries or feedback

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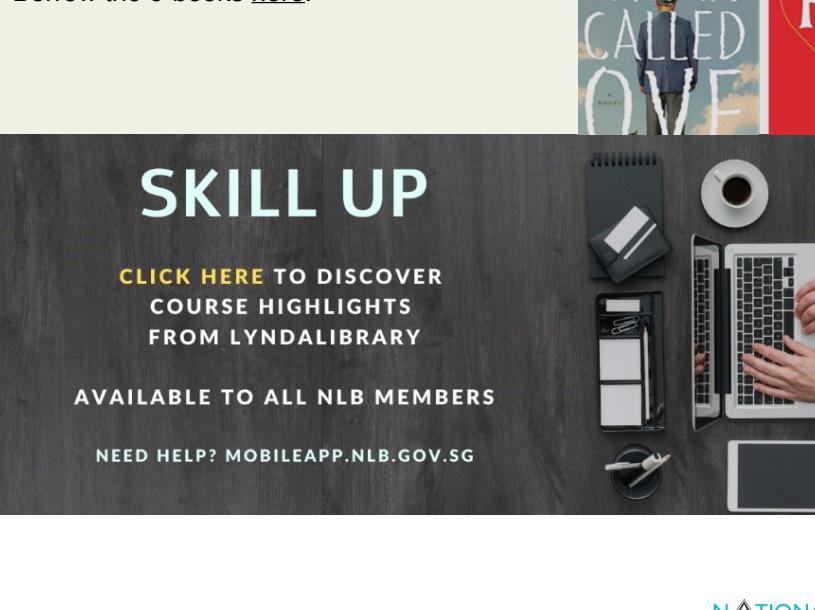
NEED HELP? [MOBILEAPP.NLB.GOV.SG](http://MOBILEAPP.NLB.GOV.SG)



## WATCH THIS!

### Work-Life Balance | The School of Life

(3 min video)



## DID YOU KNOW?