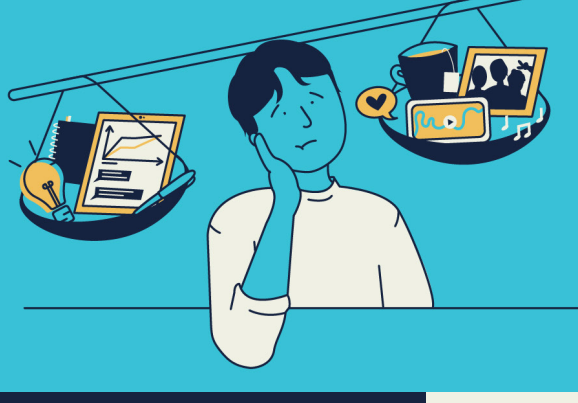




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# Rethink Work-Life Balance.



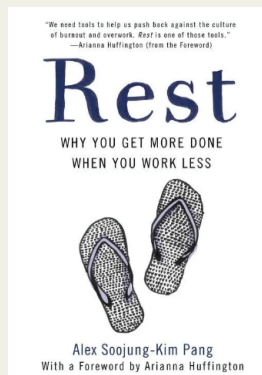
"Out of clutter, find simplicity.  
From discord, find harmony.  
In the middle of difficulty  
lies opportunity."

- Albert Einstein

## CURATED READS

### Boundaries and Burnout

Despite all the positive press about remote working, it is not without its pitfalls. Workers are reporting a blurring of work-life boundaries, an extension of the workday and declining mental health among other issues. For better or for worse, remote working – or at least some form of it – is here to stay. In this two-part series, we'll be introducing various strategies that you can undertake to make work-from-home *work*.



### Rest

by Alex Soojung-Kim Pang  
Call no.: 612.042 PAN -[HEA]

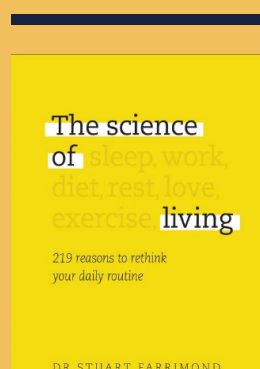
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UK: Penguin Life, 2018.

Overwork seems to be the new normal, especially in the age of remote working. With the blurring of work-life boundaries, workers seemingly feel the need to be over-present as they have no legitimate excuse for being unavailable. This book puts forth an important notion to challenge our tendency to see work and relaxation as antithetical.

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

### The Science of Living

by Stuart Farrimond  
Call no.: 158 FAR



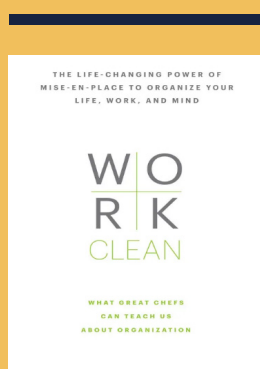
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London, UK: Dorling Kindersley, 2020.

A surprising effect of remote work is that it has highlighted the importance of the commuting and "implicit rest". It is thus important to rethink your daily routine to see how you can build rituals to simulate a start and end to our workdays, as well as downtimes in between. This book offers 219 pointers to get you started.

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

### Work Clean

by Dan Charnas  
Call no.: 650.1 CHA -[BIZ]



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London: Portfolio Penguin, 2016.

A dedicated workspace helps to demarcate the physical boundaries between work and play. This organisational book takes inspiration from the culinary world to offer a simple system to focus your actions and accomplish your work.

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

### Why It's So Hard To Put Boundaries On Our Time

BBC WorkLife  
Article



Work-life balance is an age-old problem. Despite the multiple resources available, it's hard to put well-meaning advice into practice. A key to taking the first step towards a more balanced future involves understanding precisely why it is so hard to do so. This article offers possible explanations for this conundrum.

Read more [here](#).

## 6 TIPS FOR A BETTER WORK-LIFE BALANCE



### WATCH THIS!

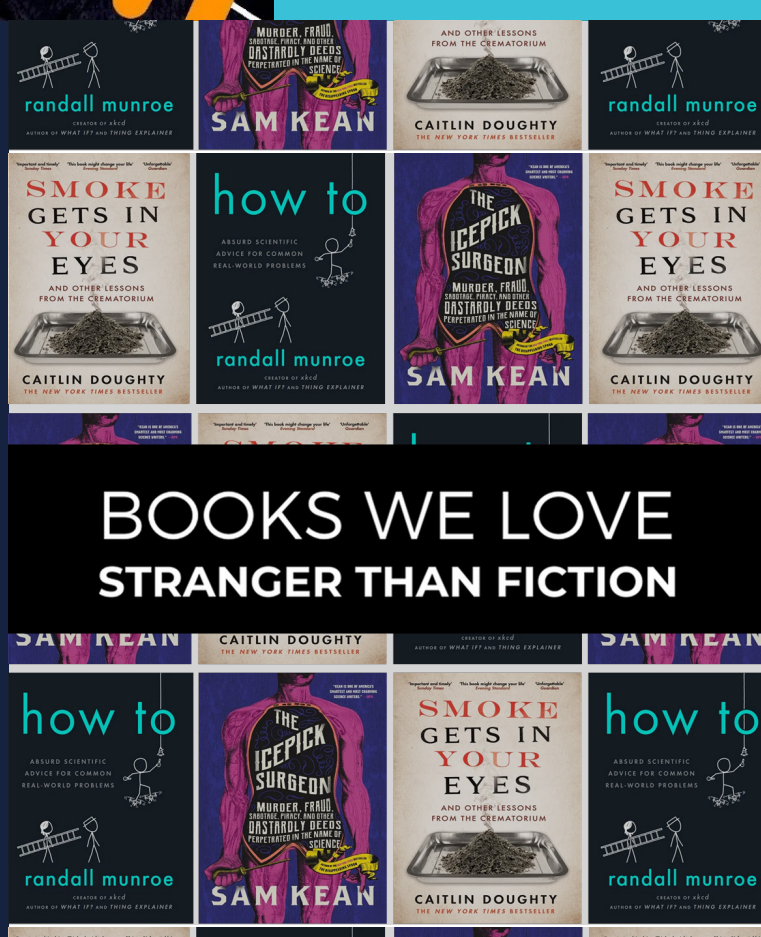
6 tips to improve your work-life balance | BBC Ideas

## THE HIT LIST

Sometimes truth is stranger than fiction. Discover what happens when science is twisted from a noble pursuit to something more sinister in *The Icepick Surgeon*. For those morbidly curious, *Smoke Gets In Your Eyes* details the bizarre encounters and unforgettable scenes from working in a crematory. If you prefer something more light-hearted, *How To* presents absurd scientific advice for common real-world problems.

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(The Hit List collection)



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