



Get Your Life Back: Strategies to Achieve Your Stress-Free Work-Life Balance Thr

By Reid Cahill

Createspace, United States, 2014. Paperback. Book Condition: New. Original. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get Your Life Back: Strategies to Achieve Your Stress-Free Work-Life Balance Through Effective Time Management Jez James has travelled the world and it's not uncommon to find him frequenting some of the world's finest beaches. Jez has found a way to keep his income moving up while he spends more time getting down to the water for his early morning swim. Jez typically gets going at 6am and spends his first three hours of each day getting himself prepared to challenge the problems his clients present to him on a regular basis. When working Jez has the ability to find his way into a state of flow and manages to clear more work in his first two hours than most people cover in a day. When was the last time you felt like things in your life were really in control? The majority of today's workers are finding they are putting more effort into their work and getting less out of the grind. They have to fight for their rights for time off for...



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