

Off Balance Getting Beyond The Work Life Balance Myth To Personal And Professional Satisfaction

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Research Handbook on Work-Life Balance - Sonia Bertolini
2022-01-11

This innovative and thought-provoking Research Handbook explores the theoretical debate surrounding work-life balance, and provides a reflection on the opportunity to adopt multilevel research approaches and perspectives, along gender and temporal axes. The Research Handbook is an international overview of current research on work-life balance, considered in macro, meso and micro perspectives. Offering both theoretical reflections and empirical research examples illustrating the multiple strategies through which the different articulations that characterize the work-life intersection can be analysed, this Research Handbook includes analyses of gendered labour, generational assets and technological changes. Contributors provide translation and actualization of specific research practices and methodological choices, focused on different national contexts. The empirical analysis ranges from comparative research based on quantitative methods, to qualitative approaches centered on longitudinal, discursive and narrative perspectives, and mixed-method studies. Further contributions adopt innovative research methods based on the use of digital and visual technologies. This Research Handbook will be an inspiring read for both undergraduate and postgraduate sociology and social policy students. The book is also addressed to researchers, consultants and policy makers interested in work-life balance issues.

Work-Life Harmony - Grant Botma 2021-12-11

Harmony har-mo-ny (noun): the quality of forming a pleasing and consistent whole If you've failed at achieving an ideal work-life balance for years, you're not alone. With family on one side of the scale and work on the other, you're allocating energy between both in a futile battle to balance your life, an often elusive goal. But what if you changed your goal? In *Work-Life Harmony*, Grant Botma provides a step-by-step guide to help you harmonize the personal and professional parts of your life so family and career work together and complement one another. Most books about balance tell you how to work less. In this book, Grant provides practical examples you can use to cultivate harmony, respect, and love among you, your family, and your job. Your work is meaningful not just because it helps you provide for those you love but because it's important to you. Learn how to be happier with Grant's simple process and straightforward tactics that empower you to live and work with purpose and harmony.

The Working Dad's Survival Guide - Scott Behson 2015-06-09

Hey Dad! Ever felt torn between advancing in your career and spending quality time with family? The Working Dad's Survival Guide is for you. The first book of its kind- the advice and encouragement you need to achieve success at work while ALSO being the involved, loving dad you always wanted to be. Written from the unique perspective of Scott Behson, a busy working dad who also happens to be a national expert in work-family issues, The Working Dad's Survival Guide is chock full of concrete time and life management strategies you can use right now.

Out of Office - Charlie Warzel 2021-12-07

The future isn't about where we will work, but how. For years we have struggled to balance work and life, with most of us feeling overwhelmed and burned out because our relationship to work is broken. This "isn't just a book about remote work. It's a book that helps us imagine a future where our lives—at the office and home—are happier, more productive, and genuinely meaningful" (Charles Duhigg, best-selling author of *The Power of Habit*). *Out of Office* is a book for every office worker – from employees to managers – currently facing the decision about whether, and how, to return to the office. The past two years have shown us that there may be a new path forward, one that doesn't involve hellish daily commutes and the demands of jam-packed work schedules that no longer

make sense. But how can we realize that future in a way that benefits workers and companies alike? Based on groundbreaking reporting and interviews with workers and managers around the world, *Out of Office* illuminates the key values and questions that should be driving this conversation: trust, fairness, flexibility, inclusive workplaces, equity, and work-life balance. Above all, they argue that companies need to listen to their employees – and that this will promote, rather than impede, productivity and profitability. As a society, we have talked for decades about flexible work arrangements; this book makes clear that we are at an inflection point where this is actually possible for many employees and their companies. *Out of Office* is about so much more than zoom meetings and hybrid schedules: it aims to reshape our entire relationship to the office.

Off Balance - Dominique Moceanu 2012-06-12

In this searing and riveting New York Times bestseller, Olympic gold medalist Dominique Moceanu reveals the dark underbelly of Olympic gymnastics, the true price of success...and the shocking secret about her past and her family that she only learned years later. At fourteen years old, Dominique Moceanu was the youngest member of the 1996 US Women's Olympic Gymnastics team, the first and only American women's team to take gold at the Olympics. Her pixyish appearance and ferocious competitive drive quickly earned her the status of media darling. But behind the fame, the flawless floor routines, and the million-dollar smile, her life was a series of challenges and hardships. *Off Balance* vividly delineates each of the dominating characters who contributed to Moceanu's rise to the top, from her stubborn father and long-suffering mother to her mercurial coach, Bela Karolyi. Here, Moceanu finally shares the haunting stories of competition, her years of hiding injuries and pain out of fear of retribution from her coaches, and how she hit rock bottom after a public battle with her parents. But medals, murder plots, drugs, and daring escapes aside (all of which figure into Moceanu's incredible journey), the most unique aspect of her life is the family secret that Moceanu discovers, opening a new and unexpected chapter in her adult life. A mysterious letter from a stranger reveals that she has a second sister—born with a physical disability and given away at birth—who has nonetheless followed in Moceanu's footsteps in an astonishing way. A multilayered memoir that transcends the world of sports, *Off Balance* will touch anyone who has ever dared to dream of a better life.

The Long View - Dynamic Catholic 2014-06-15

In this small volume, the celebrated author and speaker Matthew Kelly succinctly presents his reflections on one of life's most important lessons. In doing so, he demonstrates what he has revealed to us again and again through his work: He has taken the time to think on life's biggest questions so that he can present his findings to us in ways that make sense in our everyday experience of life and at the same time stir our souls. Do you take the long view? Do you take the short view? Do you even know? Are you aware when you are taking the long view or the short view? How would your life be different if you became a student of the long view? At a time when instant gratification no longer seems fast enough, *The Long View* invites us to step back from the endless hustle of our busy lives and question whether we are on the right path.

Work-Life Balance in Times of Recession, Austerity and Beyond - Suzan Lewis 2016-08-12

This book reflects the enormous interest in work-life balance and current pressing concerns about the impacts of austerity more broadly. It draws on contemporary research and practitioner experiences to explore how work-life balance and related workplace and social policy fare in turbulent economic times and the implications for employees, employers and wider societies. Authors consider workplace trends, practices and

employment relations and the impacts on work, care and well-being of diverse workers. A guiding theme throughout the book is a triple agenda of supporting employee work-life balance, workplace effectiveness and social justice. The final chapters present case studies of innovative processes and organizational practices for addressing the triple agenda, note the important role of social policy context and discuss the challenge of extending debates on work-life balance to include a social justice dimension. This book will be of interest to academics and postgraduate students of organisational psychology, sociology, human resource management, management and business studies, law and social policy, as well as employers, managers, HR managers, trade unions, and policy makers.

Enough - John C. Bogle 2010-06-01

John Bogle puts our obsession with financial success in perspective. Throughout his legendary career, John C. Bogle-founder of the Vanguard Mutual Fund Group and creator of the first index mutual fund-has helped investors build wealth the right way and led a tireless campaign to restore common sense to the investment world. Along the way, he's seen how destructive an obsession with financial success can be. Now, with *Enough.*, he puts this dilemma in perspective. Inspired in large measure by the hundreds of lectures Bogle has delivered to professional groups and college students in recent years, *Enough.* seeks, paraphrasing Kurt Vonnegut, "to poison our minds with a little humanity." Page by page, Bogle thoughtfully considers what "enough" actually means as it relates to money, business, and life. Reveals Bogle's unparalleled insights on money and what we should consider as the true treasures in our lives. Details the values we should emulate in our business and professional callings. Contains thought-provoking life lessons regarding our individual roles in society. Written in a straightforward and accessible style, this unique book examines what it truly means to have "enough" in world increasingly focused on status and score-keeping.

The Dream Manager - Matthew Kelly 2007-08-21

A business parable about how companies can achieve remarkable results by helping their employees fulfill their dreams. Managing people is difficult. With disengagement and turnover on the rise, many managers are scratching their heads wondering what to do. It's not that we don't dream of being great managers, it's just that we haven't found a practical and efficient way to do it. Until now . . . The fictional company in this remarkable book is grappling with real problems of high turnover and low morale -- so the managers begin to investigate what really drives the employees. What they discover is that the key to motivation isn't necessarily the promise of a bigger paycheck or title, but rather the fulfillment of crucial personal dreams. They also learned that people at every level need to be offered specific kinds of help and encouragement -- or our dreams will forever remain just dreams as we grow dissatisfied with our lives and jobs. Beginning with his important thought that a company can only become the-best-version-of-itself to the extent that its employees are becoming better-versions-of-themselves, Matthew Kelly explores the connection between the dreams we are chasing personally and the way we all engage at work. Tackling head-on the growing problem of employee disengagement, Kelly explores the dynamic collaboration that is unleashed when people work together to achieve company objectives and personal dreams. The power of *The Dream Manager* is that simply becoming aware of the concept will change the way you manage and relate to people instantly and forever. What's your dream?

[The Science of Success: What Researchers Know that You Should Know](#) - Paula J. Caproni 2016-12-08

Short description.

Deep Work - Cal Newport 2016-01-05

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of *Give and Take*). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep--spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a

deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories--from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air--and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

Pause - Rachael O'Meara 2017-04-04

Feeling overwhelmed, burned out, or stuck? Discover the power of the pause. Sometimes life throws you for a loop. You're stressed out at your job; you're torn between work and family; your motivation and productivity are taking a nosedive. Your impulse might be to lean in and tough it out, but what you may really need to do is take a step back. Reassess your life with a clear head and dive back in with purpose and poise. In this enlightening book, Rachael O'Meara guides you through the steps of your own pause journey: - The signs that you're in need of a meaningful break - Planning your optimal pause--whether it's as short as a day or as long as an epic journey - Reentering the world with renewed clarity and purpose. Incorporating the latest findings from psychology and neuroscience and peppered with inspiring stories of successful pauses, this book will show you that the fastest way to happiness is to slow down. Whether you pause by taking a five-minute walk outside, spending a day unplugged from digital devices, or taking a few weeks off to yourself, *Pause* will give you the tools to find what "lights you up" and the ability to lead the most satisfying and fulfilling life you choose. As seen in *The Washington Post*.

Work + Life - Cali Williams Yost 2004-12-28

The empowering new 3-step guide to combining work and life strategically, creatively, and successfully. The message is simple: Work doesn't have to be all or nothing. There are countless combinations of balancing work and life between these extremes. People can establish boundaries and change the way work fits into their lives, in a way that's good for employees and employers. *Work+Life* provides the tools to adjust the "work" portion of life in order to have more time and/or energy for personal responsibilities and interests. Even a small change can make a big difference. Industry expert Cali Yost has been working with people on all sides of the issue: employees and managers at companies such as General Electric/NBC, Ortho-McNeil Pharmaceuticals, and Ernst & Young, and EAPs nationwide that help companies help their employees. They all say the same thing--*Work+Life* is the missing piece of the puzzle, providing readers with invaluable work life balance tips and putting them on the cutting edge of the workplace revolution.

Resisting Happiness - Matthew Kelly 2016

Most of us think we are happy-- but could be happier. Kelly takes a look at why we sabotage our own happiness-- and what to do about it. If you hold back from God because you want to be in control, what are you gaining in life? If you make yourself available to God, incredible things will happen.

[Half Sick of Shadows](#) - Laura Sebastian 2021-07-06

"Laura Sebastian is the next Madeline Miller. . . a fierce, fresh, lyrical tale that will enthrall until the last page."--Kate Quinn, *New York Times* bestselling author of *The Huntress* A Popsugar Best Summer Read of 2021 A Bibliolifestyle Most Anticipated Summer 2021 Sci-fi and Fantasy Book "Magical, haunting, unique--I haven't been so excited about an Arthur book since I read *The Once and Future King* ."--Tamora Pierce, #1 *New York Times* bestselling author *The Lady of Shalott* reclaims her story in this bold feminist reimagining of the Arthurian myth from the *New York Times* bestselling author of *Ash Princess*. Everyone knows the legend. Of Arthur, destined to be a king. Of the beautiful Guinevere, who will betray him with his most loyal knight, Lancelot. Of the bitter sorceress, Morgana, who will turn against them all. But Elaine alone carries the burden of knowing what is to come--for Elaine of Shalott is cursed to see the future. On the mystical isle of Avalon, Elaine runs free and learns of the ancient prophecies surrounding her and her friends--countless possibilities, almost all of them tragic. When their future comes to claim them, Elaine, Guinevere, Lancelot, and Morgana accompany Arthur to take his throne in stifling Camelot, where magic is outlawed, the rules of society chain them, and enemies are everywhere. Yet the

most dangerous threats may come from within their own circle. As visions are fulfilled and an inevitable fate closes in, Elaine must decide how far she will go to change destiny--and what she is willing to sacrifice along the way.

Lead with Balance - Donnie Hutchinson 2016-07-07

Valuable Techniques to Living a Balanced Life Has your regular workday started to last over nine hours? Have you been missing important family events to satisfy the boss? Are you regularly skipping healthy meals and trips to the gym just to squeeze more into your day? If so, you're not the only one. Countless individuals struggle with maintaining steady personal and work lives. In *Lead with Balance*, university professor, speaker, and executive consultant Donnie Hutchinson addresses this issue head-on and explains how leaders, employees, and students can properly manage all the important facets of life. A balanced life leads to increased well-being, happiness, satisfaction, and productivity a win-win for everyone. Through proper time management and focus, anyone can find their life's balance. Don't lose sight of the most significant moments in life. We can all learn from the Millennials. It's time to take action and enjoy living!"

Berkonomics - Dave Berkus 2009-10-05

101 bite-sized lessons in building a business from ignition to liquidity event (start-up to sale) by Dave Berkus, an internationally recognized business expert, author and keynote speaker. Graduate with your degree in BERKONOMICS, and use these insights to drive your growth and business success. Use separate workbook to create your own personalized guide for corporate growth. www.berkonomics.com, www.berkus.com.

Do Less, Get More - Shaa Wasmund 2015-06-09

When you stop trying to do so much, you get so much more done. Do you put yourself under too much pressure to succeed, which only makes it harder to achieve? Are you constantly playing catch-up and struggling to find time for the things, and people, you love? It doesn't have to be this way. Anything is possible when you stop trying to do everything at the same time. Often it's fear that keeps us stuck in our patterns. If we're super busy then no one can say we're not working hard. But there's another way to live a life that's both more enjoyable and more productive, if only we can break those routines. In *Do Less, Get More*, entrepreneur and bestselling author Shaa Wasmund reveals that when we embrace a "less is more" attitude, we can appreciate all the good things we already have and find the courage to prune the nonessentials. And then we can find the space in which to pursue exciting new opportunities. Wasmund teaches us how to become experts in the things we're truly passionate about, rather than mediocre jacks-of-all-trades. Her tools include exercises like: * Escaping the "when, then" trap. Stop putting something off because you're waiting to be ready ("I'll start my own business when my kids are out of the house" or "I'll lose weight when this project is over"). Take one practical step toward what you want right now. * Nurturing your support network: Who are the people who truly support you? Prioritize those who are genuinely on your side and practice asking for help. Focus on quality over quantity in developing your network. * Scheduling for value: What gets put in our calendar gets done. And you shouldn't only plan for work projects: scheduling time for the people and activities you love and that give you purpose and energy is just as important. This life-changing book gives you the tools to ditch your to-do list and follow your dreams. It will be your essential guide to doing what you love—and letting go of the rest.

Off Balance - Matthew Kelly 2015-07-05

The Three Marriages - David Whyte 2009-01-22

A radical, "crystalline" (Elle) approach to integrating our work, relationships, and inner selves from the bestselling author, poet, and speaker. The author of *Crossing the Unknown Sea* and *The Heart Aroused* encourages readers to reimagine how they inhabit the worlds of love, work, and self-understanding. Whyte suggests that separating these "marriages" in order to balance them is to destroy the fabric of happiness itself. Drawing from his own struggles and the lives of some of the world's great writers and artists—from Dante to Jane Austen to Robert Louis Stevenson—Whyte explores the ways these core commitments are connected. Only by understanding the journey involved in each of the three marriages and the stages of their maturation, he says, can we understand how to bring them together in one fulfilled life.

Life Balance - Paul Crosswell 2020-12-11

Better life balance leads to a better life. Discover the simple step to fail-proofing your goals and improve your life balance -- simple steps that will empower you to positively transform your personal life, family life, social

life, and career life. Your life balance determines the quality of your life and relationship. Poor life-balance can become the lid to your potential to live your dreams and pursue your purpose. The problem is that improving your life balance has always been a complicated task... until now. This book will coach you through reaching your goals and improving your life balance. In *Life Balance*, Paul W. Crosswell teaches you how to win the mental battle, equips you with a better strategy for taking action toward your goals, and reveals the secrets to maintain success AFTER reaching your goals. You'll discover how to: - Reclaim a healthy synergetic life balance.- Silence your Inner Critic when you need to.- Identify the best people to help you on the journey and know who to avoid.- Be consistent in pursuing any goal you set.- Boost your mental health quickly, safely, and in a lasting way.- Find your tribe and build momentum toward your goal

Off Balance - Matthew Kelly 2011-09-15

The prescriptive follow-up to the New York Times bestseller *The Dream Manager*. One of the major issues in our lives today is work-life balance. Everyone wants it; no one has it. But Matthew Kelly believes that work-life balance was a mistake from the start. Because we don't really want balance. We want satisfaction. Kelly lays out the system he uses with his clients, his team, and himself to find deep, long-term satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He shows us how to cultivate the energy that will give us enough battery power for everything we need and want to do. And finally, in five clear steps, he shows us how to use his Personal & Professional Satisfaction System to establish and honor our biggest priorities, even if we spend a lot more time on some of the lesser ones.

The Culture Solution - Matthew Kelly 2019-01-02

The six foundational principles of a Dynamic Culture are universal and unchanging. In *The Culture Solution*, business consultant and New York Times bestselling author of *The Dream Manager* and *Off Balance* presents the six enduring principles of a Dynamic Culture in a way that is both intensely practical and inspiring. If you want to . . . grow your business; attract, grow, and retain top talent; learn the key to hiring in the 21st century; teach every person in your organization that they have a role to play in making the culture better today than it was yesterday . . . this book is for you and every person on your team.

How to Balance Your Life - James O'Loughlin 2010-10-19

Self-help.

The Rhythm of Life - Matthew Kelly 2004-11-16

In this classic bestseller, acclaimed author and speaker Matthew Kelly offers inspiring, take-charge strategies to help you discover your deepest desires, identify your unique talents, and lead a life filled with passion and purpose. Do you ever feel that if you weren't so busy you would be happier, healthier, more effective, more fulfilled...and maybe even a better person? *The Rhythm of Life* will help you to bring into focus who you are and why you are here. Through this book Matthew Kelly will help you discover your legitimate needs, deepest desires, and unique talents—and become the-best-version-of-yourself. He helps you bring into focus who you are, why you are here, and what possibilities stand before you... Everything is a choice. This is life's greatest truth and its hardest lesson. It is a great truth because it reminds us of our power to live the life of our dreams. It is a hard lesson because it causes us to realize that we have chosen the life we are living right now. The measure of your life will be the measure of your courage. Fear stops more people from doing something with their lives than lack of ability, contacts, resources, or any other single variable. Fear paralyzes the human spirit. Life takes courage. With this groundbreaking guide, Kelly cuts through the stifling clutter of our everyday lives and delivers a clarity that is both refreshing and liberating.

Betting on You - Laurie Ruettimann 2021-01-12

"Indispensable reading for anyone seeking to improve their professional selves." —Daniel H. Pink, #1 New York Times bestselling author of *When* An essential guide for how to snap out of autopilot and become your own best advocate, with candid anecdotes and easy-to-adopt steps, from veteran HR specialist and popular podcast host Laurie Ruettimann Chances are you've spent the past few months cooped up inside, buried under a relentless news cycle and work that never seems to switch off. Millions of us worldwide are overworked, exhausted, and trying our hardest—yet not getting the recognition we deserve. It's time for a fix. Top career coach and HR consultant Laurie Ruettimann knows firsthand that work can get a hell of a lot better. A decade ago, Ruettimann was uninspired, blaming others and herself for the unhappiness she felt. Until she had an epiphany: if she wanted a fulfilling existence, she couldn't sit

around and wait for change. She had to be her own leader. She had to truly take hold of life—the good, the bad, and the downright ugly—in order to transform her future. Today, as businesses prioritize their bottom line over employee satisfaction and workers become increasingly isolated, the need to safeguard your well-being is crucial. And though this sounds intimidating, it's easier to do than you think. Through tactical advice on how to approach work in a smart and healthy manner, which includes knowing when to sign off for the day, doubling down on our capacity to learn, fixing those finances, and beating impostor syndrome once and for all, Ruettimann lays out the framework necessary to champion your interests and create a life you actually enjoy. Packed with advice and stories of others who regained control of their lives, *Betting on You* is a game-changing must-read for how to radically improve your day-to-day, working more effectively and enthusiastically starting now. *The SuperWoman's Guide to Super Fulfillment* - Jaime Kulaga Kulaga PhD 2015-02-03

Let's face it—being a SuperWoman is not as glamorous as the cartoons make it seem. Juggling a career, relationship, family, housework, grocery shopping, planning, and paying the bills is anything but a cape and perfect makeup. Living a balanced and fulfilled life—where you can work, care for your family, and give to yourself—isn't easy. It takes time, self-awareness, and, most of all, strategies that really work. "The SuperWoman's Guide to Super Fulfillment" by nationally known mental health expert Dr. Jaime Kulaga is the essential quick-start guide to getting your life back on track. Filled with examples, tips, and tools that are realistic and easy to implement, it will show you step-by-step how to:

- Identify your top life roles and prioritize what really matters.
- Say no and take care of yourself—without feeling guilty.
- Create an effective plan to work through the real barriers to your personal fulfillment and happiness.
- Set smart goals, reach out for support, and track your success.
- Boost your confidence and make strong decisions.
- Reframe your past to work for you in the present.

This fun, empowering, and practical guide will help you stop struggling and start enjoying your life again.

The Work-Life Balance Myth: Rethinking Your Optimal Balance for Success - David J. McNeff 2021-02-23

An empowering guide that will show you how to shed the myth of the "work-life balance" by merging the seven key components that make up your life to attain harmony and whole-life success "All of us have Seven Slices in our lives: our Family Slice, our Professional Slice, our Personal Slice, our Physical Slice, our Intellectual Slice, our Emotional Slice, and our Spiritual Slice. These all need to be served in some fashion—and in serving them, they, in turn, serve us." This relatively simple but profoundly critical concept is at the heart of the method executive coach David McNeff has used to transform the lives and careers of his clients. It begins with two important facts: 1) stress happens—you can't avoid it; and 2) your existence is composed of far more than "work" and "life." Too often, we divide our lives into those two general categories, but we're all a lot more complex and our lives are richer than that. By being clear and mindful of all aspects of your life—the Seven Slices—you'll be more likely to find inner harmony when stress impacts one of them. In *The Work-Life Balance Myth*, McNeff takes you on a deep dive into each of the Seven Slices, explaining the components of each Slice, signs that you may not be attending to each Slice in a healthy way, and hands-on methods for accessing an underserved Slice. *The Work-Life Balance Myth* won't make your life perfect—no one can do that, and you shouldn't trust anyone who makes that promise. What this book will do is provide you with proven new ways of framing your life, seeing stress for what it is, and vastly improving your ability to navigate the emotional challenges that will inevitably arise in a way that serves your Seven Slices.

The Seven Levels of Intimacy - Matthew Kelly 2005-11

A spiritual guide to relationships offers a unique approach that leads to self-acceptance and learning how to accept and trust others, and reveals a seven-level process that creates strong bonds, deep contentment, and lasting connections.

Balance - Lucia Franco 2016-09-01

Adrianna Rossi is no stranger to the rigorous demands required of her body. Years of pain and determination make her one of the best. Olympic glory is the ultimate goal, and she'll do anything to achieve it. Even if that means leaving home to attend World Cup Academy of Gymnastics, a training center that serves one purpose—producing champions. Perfection, precision, and dedication are required of his athletes. When two time Olympian Konstantin Kournakova is persuaded into training the young hopeful, he immediately regrets it. She doesn't come close to his high standards. As the relentless pursuit of her dream keeps her striving, a

passion is ignited within him. Kova's power and domination, coupled with Adrianna's fierce tenacity, reveal there is more for her body to learn. Every interaction can be misconstrued, but there's no mistaking the darkening of his gaze, the lingering of his touch, or the illicit image of his bare skin pressed against hers. Integrity is on the line. One toe off the beam and their forbidden desires could ruin everything they've worked for, throwing it all off balance. **WARNING:** This novel contains explicit content.

Never Check E-Mail In the Morning - Julie Morgenstern 2005-09-27

The best-selling author of *Organizing from the Inside Out* offers a revolutionary approach designed to help readers enhance performance, promote efficiency, and boost one's value and security without sacrificing one's personal life, offering tips on e-mail, multitasking, skills development, and more. Reprint. 150,000 first printing.

The Total Money Makeover - Dave Ramsey 2009-12-29

A strategy for changing attitudes about personal finances covers such topics as getting out of debt, the dangers of cash advances and keeping spending within income limits.

The Balance Myth - Teresa A. Taylor 2013-04-01

Tired of trying to attain the mythical work-life balance and constantly feeling frustrated? Are you giving yourself a C- for your performances at work and at home? Teresa A. Taylor knows that trying to be a career woman and a mom can leave you feeling tired and defeated, and she wants you to take a new approach. She herself rapidly ascended through the ranks to become COO of a Fortune 200 company while raising two boys with her working husband, and in *The Balance Myth*, she shows you how you can do it too. Taylor takes you along to a meeting in the White House, to union negotiations, and to her sons' soccer practices as she shares her candid, humorous, and heartfelt stories. Based on these real-life experiences and the lessons she learned from them, she shares the key to living with multiple responsibilities: integrating—not bifurcating—your personal and professional worlds. In addition, she offers insights about leading with integrity; surrounding yourself with positive resources; pushing through adversity; and celebrating accomplishments—especially your own. Taylor couldn't take the mother out of the career woman or vice versa, and she believes that you shouldn't have to either. Don't search for balance; the answers are within you! -- Written in an engaging voice, Teresa Taylor, the high-profile COO of Qwest who orchestrated a \$20 billion acquisition in the telecom industry, uses memoir and real-life examples to deliver valuable business perspectives that illustrate how she rose to the top of a Fortune 200 company while also raising her two sons with her working husband and maintaining fulfilling family relationships. Taylor illustrates that executives (as well as professionals with executive ambitions) don't have to sacrifice a successful family life for a corner office position—and she provides the keys to managing these multiple responsibilities based on her experience.

Total Leadership - Stewart Friedman 2014-08-19

National Bestseller "Students talk about Stewart D. Friedman, a management professor at the Wharton School, with a mixture of earnest admiration, gratitude and rock star adoration." —New York Times In this national bestseller, Stew Friedman gives you the tools you need to achieve "four-way wins"—improved performance in all domains of life: work, home, community, and self. Friedman, celebrated professor and founding director of the Wharton School's Leadership Program and its Work/Life Integration Project, explains how three simple yet potent principles—be real, be whole, and be innovative—can help you, no matter what your age or what you do for work, become a better leader and have a richer life. In this engaging adaptation of his hands-on Wharton course, he offers step-by-step instruction to help you create positive, sustainable change in your world. This proven, programmatic method teaches you how to produce stronger results at work, find clearer purpose, feel less stressed, strengthen connections with the people who matter most to you, contribute further to important causes, and gain greater support for your vision of your future. If you're ready to learn to lead in all parts of your life—this is the book for you. For a full array of Total Leadership tips and tools, visit totalleadership.org. Also look for Stew Friedman's book, *Leading the Life You Want*, which builds on Total Leadership by profiling well-known leaders—from Bruce Springsteen to Michelle Obama—who exemplify its principles and demonstrate how success in your work is accomplished not at the expense of the rest of your life, but as the result of meaningful attachments to all its parts.

Greater Balance, Greater Reward - Jeff Kooz 2016-06-02

Do you ever feel stressed out? Have you ever tried to lose weight only to regain it again? Do you sometimes feel like the harder you work, the less

productive you are? Greater Balance, Greater Reward provides a surprisingly simple way to overcome these challenges-by eliminating subconscious resistance to change! When author Jeff Kooz entered a stressful work environment after college, he struggled with obesity, anxiety, and burnout. He tried many popular remedies, but they only led to repeated failures and frustration. Then one day he experienced an "aha moment" that led to him losing fifty pounds in ninety days and keeping it off for ten years. Following the same five-step system, Kooz has recorded albums in three months and written books in just three days! You too can tap into this powerful problem-solving system, which Kooz brings to life through a heartwarming story about a young professional desperately seeking balance. The book then guides you through the five steps that will help you experience your own "aha moment." If you're tired of "spinning your wheels," isn't it time for a fresh perspective? Read this book and discover the secret to better health, productivity, and balance today!

Work-Life Brilliance - Denise Green 2017-06-07

If you've been searching for that elusive work-life balance oasis, or if you've ever described yourself as "super-busy," this book is for you. There is a way for you to feel more fulfillment and ease in all parts of your life: health, work, relationships, and home. But you won't find it by trying to "balance" your time. For over a decade, Denise has been lighting the way for corporate humans, showing them simple steps to reduce overwhelm and achieve profound fulfillment in all areas of their lives. In *Work Life Brilliance*, author and executive coach Denise R. Green teaches you:

- o How to reduce stress now, and for the long term.
- o How to shift negative thoughts instantly and create a naturally more positive outlook.
- o The truth about why you've failed to change habits in the past (hint: it wasn't your fault) and how to trick your brain so you can change any habit for good.
- o How to say no with grace, not guilt-and build better relationships, results, and relationships in the process.
- o How to sleep better, no matter what you've tried in the past.
- o How to build relationships that help you be your best.

Life Matters - A. Roger Merrill 2004-09-07

The secret to achieving balance is revealed in this groundbreaking new take on an ancient subject, with advice on how to use technology effectively, align resources, and succeed in work and family duties. Reprint. 15,000 first printing.

Gender Equality and Work-Life Balance - Sarah Blithe 2015-06-05

Pressure to achieve work-life "balance" has recently become a significant part of the cultural fabric of working life in United States. A very few

privileged employees tout their ability to find balance between their careers and the rest of their lives, but most employees face considerable organizational and economic constraints which hamper their ability to maintain a reasonable "balance" between paid work and other life aspects—and it is not only women who struggle. Increasingly men find it difficult to "do it all." Women have long noted the near impossibility of balancing multiple roles, but it is only recently that men have been encouraged to see themselves beyond their breadwinner selves. *Gender Equality and Work-Life Balance* describes the work-life practices of men in the United States. The purpose is to increase gender equality at work for all employees. With a focus on leave policy inequalities, this book argues that men experience a phenomenon called "the glass handcuffs," which prevents them from leaving work to participate fully in their families, homes, and other life events, highlighting the cultural, institutional, organizational, and occupational conditions which make gender equality in work-life policy usage difficult. This social justice book ultimately draws conclusions about how to minimize inequalities at work. *Gender Equality and Work-Life Balance* is unique as it laces together some theoretical concepts which have little previous association, including entrepreneurialism; leave policy, occupational identity, and the economic necessities of families. This book will therefore be of particular interest to researchers and academics alike in the disciplines of Gender studies, Human Resource Management, Employment Relations, Sociology and Cultural Studies.

Work / Life Balance For Dummies - Katherine Lockett 2012-03-08

Find out what you really need to live, thrive and survive Does it seem like the constant struggle to succeed at work is overshadowing other areas of your life? Are your relationships suffering as you try to cram everything into a normal day? *Work/Life Balance For Dummies* will help you get your equilibrium back, taking you through all available solutions -- from changes you can adopt within your existing workplace or chosen career, to career changes, treechanges and seachanges. Discover how to: Work out your priorities Put off procrastination and improve your time management Move your boss towards work/life balance Cast your net wider and change jobs and employers Plan your seachange or treechange

Balance Like a Pirate - Jessica Johnson 2018-07-10

Balance Like a Pirate, a Lead Like a PIRATE Guide, was written by educators for educators with a focus on helping you create a lifestyle that allows you to break free from "shoulds" and "have tos." This book equips you with practical strategies and tools to thrive in every area of life.