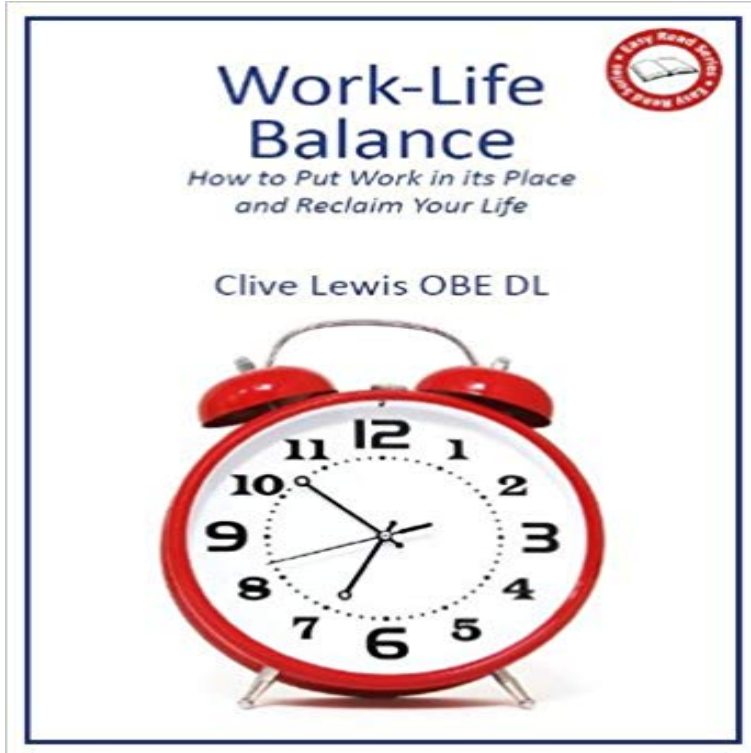


Work-Life Balance: How to Put Work in its Place and Reclaim Your Life



Many of us find that in a fast paced and highly pressurised world the once distinguishable boundaries of work and home are becoming increasingly blurred. The growth of mobile technology means that we can find ourselves surrounded by work 24 hours a day, leading to our jobs not just being part of our lives but actually governing them. This impacts not only on our health but can also affect those close to us in ways we may not realise at the time. To some, this way of life may not seem like a choice, but it is. It is possible to strike a balance between work and life no matter what your job or working schedule, if you have the desire. This ten step guide, written by leading Human Resources professional Clive Lewis guides you through the various stages required in order to reclaim the balance that your life is missing. Following the techniques and advice given in this book will allow you to spend more time enjoying the fruits of your labour rather than just cultivating them, affording you better health and happiness in the process. Whatever your reason for wanting to re-establish a balance, *Work-Life Balance: How to Put Work in its Place and Reclaim Your Life* offers you the best chance of creating and maintaining an equilibrium that will benefit not only you but those around you too, leading to a happier less stressful and more fulfilling life for all.

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