

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

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Signs for Lost Children - Sarah Moss 2017-04-11

In Victorian Cornwall, a doctor risks her marriage to fight for female asylum patients: "One of the most memorable heroines of recent fiction" (The Times, London). Shortlisted for the Wellcome Book Prize for Historical Fiction Ally Moberley, a recently qualified doctor, never expected to marry until she met architect Tom Cavendish. But only weeks into their marriage, Tom sets out for Japan, leaving Ally as she begins work at the Truro Asylum in Cornwall. Horrified by the brutal attitudes of male doctors and nurses toward their female patients, Ally plunges into the institutional politics of women's mental health at a time when madness is only just being imagined as treatable. She has to contend with a longstanding tradition of permanently institutionalizing women who are deemed difficult, all the while fighting to be taken seriously in a profession dominated by men. Meanwhile, Tom is overseeing the building of lighthouses, and has a commission from a wealthy collector to bring back embroideries and woodwork. As he travels Japan in search of these enchanting objects, he begins to question the value of the life he left in England. As Ally becomes increasingly absorbed in the moral importance of her work, and Tom pursues his interests on the other side of the world, they will return to each other as different people. From the blustery coast of Western England to the landscape of Japan, Signs for Lost Children offers a "fine exploration of marriage and the complex minds of 'lost children'—that is, all of us" (The New York Times Book Review). "Compelling . . . A quietly devastating portrait of the way identity crumbles when you've nothing, or no one, to pin it to." —The Guardian

Fat, Forty, and Fired - Nigel Marsh 2007-04

"Homer Simpson meets Anthony Robbins. Marsh's honesty and humanity make Fat, Forty, and Fired essential reading for anyone whose life has ever hit a roadblock. Hilarious and inspiring." --Bob Rosner, best-selling author and internationally syndicated Working Wounded columnist "An extremely funny and touching account of how someone can use humor and optimism to put adversity into perspective. Marsh's warm and distinctive view of life lights up every page and makes this a thoroughly enjoyable read." --Paul Wilson, author of The Little Book of Calm "I can pinpoint the precise moment when I realized my transformation from 'executive dad' to 'guy who doesn't work' was complete." --Nigel Marsh Take Dave Barry, Jack Welch, Homer Simpson, and Ray Romano, mix in a family, a little weight gain, failure, introspection, and redemption, and you have Nigel Marsh's international best-selling autobiography. As a stressed husband and father of four small children under the age of eight, Nigel Marsh was enslaved to his mortgage, recuperating from an embarrassing surgery, and suddenly fired from his corporate career.

Deciding to venture "off the treadmill" in search of a more meaningful and balanced existence, Marsh tackled the art of hands-on parenting while simultaneously training for an ocean swimming race and coming to terms with his alcoholism. Touching on topics ranging from marital sex (or lack thereof), dieting, and parenthood to work, love, football, religion, self-help books, and sharks, Marsh makes his U.S. debut after enjoying best-seller status in Australia and the U.K. with this provocative and funny book.

Balance - Lucia Franco 2020-07-06

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.

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.

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.

Work/Life Balance for Dummies - Katherine Lockett 2008

"A guide to balancing your work and your personal life."--Provided by publisher.

Off Balance - Jay Hogan 2020-09-29

Blurb: When JUDAH MADDEN flees his tiny suffocating home town in New Zealand for the dream of international ballet stardom, he never intends coming back. Not to Painted Bay. Not to his family's struggling mussel farm. Not to his jerk of a brother. Not with his entire life plan in shreds. And certainly not into the tempting arms of MORGAN WIPENE, the older, ruggedly handsome fisheries officer who seems determined to screw with Judah's intention to wallow in peace. But dreams are fickle things. Shatter them and it's hard to pick up the pieces. Hard to believe. Hard to start again. And the hardest thing of all? Finding the courage to trust in love and build a new dream where you least expected to find it.

Lead with Balance - Donnie Hutchinson 2016

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!

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?

Ask a Manager - Alison Green 2018-05-01

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Off Balance - Terez Mertes Rose 2020-10-15

Off balance takes the reader beyond the glitter of the stage to expose the sweat and struggle, amid the mandate to sustain the illusion at all cost.

Off Balance - L. E. Royal 2020-07-13

When she lands her dream job, Maya Scott thinks her luck may finally be about to change. Eager to prove herself a successful adult and win back custody of her young daughter, Maya is determined to excel at the Mars Fund. Her new boss, New York's notorious ice queen, Elena Mars, could prove difficult to please. Their relationship gets off to a rocky start and Maya learns from her coworkers, some who love her while others loathe her, that Elena has Cerebral palsy. Embarrassed by her assumptions, Maya avoids Elena until the appearance of her Elena's young daughter at the office opens a line of communication and provides some common ground. A tentative connection blossoms between them and Maya realizes there is much more to Elena than the outward appearance. Between the complexities of learning about disability and navigating the distance between them in age and wealth, they find that what matters in the end is the family we choose.

Couples That Work - Jennifer Petriglieri 2019-10-08

Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve

career goals while caring for and supporting your partner can seem impossible. Yet most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner's gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In *Couples That Work*, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives--together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life stories, keen insights, and engaging exercises, *Couples That Work* will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

Win at Work and Succeed at Life - Michael Hyatt 2021-04-20

Great leaders are driven to win. Yet career wins can come at great cost to your health, relationships, and personal well-being. Why does it seem impossible to both win at work and succeed at life? Michael Hyatt and Megan Hyatt Miller know we can do better because he's seen it in his more than four decades as a successful executive and a loving and present husband and father. Today Michael and his daughter, Megan Hyatt Miller, coach leaders to live the double win. Backed by scholarly research from organizational science and psychology, and illustrated with eye-opening case studies from across the business spectrum and their own coaching clients, *Win at Work and Succeed at Life* is their manifesto on how you can achieve work-life balance and restore your sanity. With clarity, humor, and plenty of motivation, *Win at Work and Succeed at Life* gives you - an understanding of the historical and cultural forces that have led to overworking - 5 principles to rethink work and productivity from the ground up - simple but proven practices that enable you to slow down and reclaim your life - and more Refuse the false choice of career versus family. You can achieve the double win in life.

Work-Life Balance in the 21st Century - D. Houston 2005-04-04

As we begin the twenty-first century, UK employees work the longest hours in Europe. Workplace stress and home responsibilities are among the top five causes of absence from work. Yet work-life balance has emerged as a key concern for employers, policy makers and the media. This edited volume contains findings from 14 research projects within the ESRC's Future of Work Programme. The research examines the notion of employment flexibility and the effects of gender and care responsibilities on work and work performance. Conflicting needs of employers and employees and the gender divisions in work and family life call into question the feasibility of achieving the Government's aim of work-life balance for everyone.

The Perfect Storm - Sebastian Junger 1997

A true story of men against the sea.

Building a Second Brain - Tiago Forte 2022-06-14

A revolutionary approach to enhancing productivity, creating flow, and vastly

increasing your ability to capture, remember, and benefit from the unprecedented amount of information all around us. For the first time in history, we have instantaneous access to the world's knowledge. There has never been a better time to learn, to contribute, and to improve ourselves. Yet, rather than feeling empowered, we are often left feeling overwhelmed by this constant influx of information. The very knowledge that was supposed to set us free has instead led to the paralyzing stress of believing we'll never know or remember enough. Now, this eye-opening and accessible guide shows how you can easily create your own personal system for knowledge management, otherwise known as a Second Brain. As a trusted and organized digital repository of your most valued ideas, notes, and creative work synced across all your devices and platforms, a Second Brain gives you the confidence to tackle your most important projects and ambitious goals. Discover the full potential of your ideas and translate what you know into more powerful, more meaningful improvements in your work and life by *Building a Second Brain*.

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.

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 Seven Levels of Intimacy - Matthew Kelly 2005-11

We All Crave An Authentic Experience Of Intimacy. Though our hearts crave intimacy, though our minds understand our deep need for it, the self-revelation it requires is often too daunting a task. Complete and unrestrained sharing of self exposes the deepest human fear of being rejected for being ourselves. In *The Seven Levels of Intimacy*, Matthew Kelly both acknowledges and calms our fears, while teaching us how to move beyond them to experience the power of true intimacy. Matthew reveals that each relationship is built upon a pattern of interaction. In the beginning stages, we rely on casual interactions, gaining familiarity by focusing on superficialities and facts. We grow closer and begin to share our opinions, learning to accept each other and embrace the growing relationship despite the difference in our experiences and viewpoints. Once our differences and opinions are shared and accepted, we feel safe enough to reveal our hopes, dreams, and feelings, developing trust. With this trust, we open ourselves and are able to share our legitimate needs, becoming liberated from carrying the burden of our real needs alone. At last, we are deeply intimate and both willing and able to reveal our deepest fears. We are beyond judgment and feel trust and acceptance. By moving through and building upon each level of intimacy, we find comfort and gain trust in our partners and ourselves until, by developing and deepening our intimacy within each level, we are able to fully open ourselves, finally opening to the possibility of truly being loved. It is through mastering the seven levels of intimacy that we will break through to fully experiencing love, commitment, trust, and happiness. *The Seven Levels of Intimacy* is a brilliant and practical guide to creating and sustaining intimacy, whether you are looking for a deeper sense of connection with your spouse, looking for more fulfillment in your relationship with your boyfriend or girlfriend, trying to improve your relationships with your children, or simply wondering what you should be looking for in a partner. With profound insight and the use of powerful, everyday examples, Matthew Kelly explains how we can nurture the intimacy in our relationships. *The Seven Levels of Intimacy* redefines how we view our interactions with others. This new understanding leads us to successfully create the strong connections, deep joy, and lasting bonds that we all long for.

How Will You Measure Your Life? (Harvard Business Review Classics) - Clayton M. Christensen 2017-01-17

In the spring of 2010, Harvard Business School's graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen's thinking is rooted in his deep religious faith, these are strategies anyone can use. Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

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.

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 Progress Principle - Teresa Amabile 2011-07-19

What really sets the best managers above the rest? It's their power to build a cadre of employees who have great inner work lives—consistently positive emotions; strong motivation; and favorable perceptions of the organization, their work, and their colleagues. The worst managers undermine inner work life, often unwittingly. As Teresa Amabile and Steven Kramer explain in *The Progress Principle*, seemingly mundane workday events can make or break employees' inner work lives. But it's forward momentum in meaningful work—progress—that creates the best inner work lives. Through rigorous analysis of nearly 12,000 diary entries provided by 238 employees in 7 companies, the authors explain how managers can foster progress and enhance inner work life every day. The book shows how to remove obstacles to progress, including meaningless tasks and toxic relationships. It also explains how to activate two forces that enable progress: (1) catalysts—events that directly facilitate project work, such as clear goals and autonomy—and (2) nourishers—interpersonal events that uplift workers, including encouragement and demonstrations of respect and collegiality. Brimming with honest examples from the companies studied, *The Progress Principle* equips aspiring and seasoned leaders alike with the insights they need to maximize their people's performance.

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.

Off-Balance - Brigham Vaughn 2021-02-25

Love doesn't always add up. Russell Bishop is a rising star at Vantage Marketing, but when he slips on a coffee spill, he never expects to land in the lap of luxury—and the chief financial officer's bed. Russ has worked hard to get where he is and doesn't need Stephen Parker to take care of him. But as they wrestle to balance love and finances, the tables are turned when Stephen's father dies. It's Russ's turn to take care of Stephen, opening his eyes to the true depth of his feelings—and what he can bring to the relationship. If Russ can find the strength, he can be Stephen's support, his heart, and his hope for the future. Note: Previously released as the *Equals* and *Partners* novellas in 2015, *Off-Balance* is a complete re-write with an additional 20k of content and fresh edits.

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 Five Truths about Work-Life Balance - Jae Ellard 2014-11-07

Work-life balance has nothing to do with work. Really. It also doesn't matter what words you use to describe it. The fact is, most people share a similar desire to create easy joy and meaningful engagement across the roles, relationships and responsibilities that make up life. Our current habits and perceptions often get us stuck and prevent us from creating the life we desire. Get unstuck, learn the truths about work-life balance.

The Biggest Lie in the History of Christianity - Matthew Kelly 2018-08-15

Do you believe it's possible to be happier than you have ever been before? Not for fleeting moments, but consistently? Bestselling author Matthew Kelly believes it is possible—and in his latest book, *The Biggest Lie*, he explains how. We all want to be happy and live life to the fullest, but the answer isn't found in the world's definition of happiness. Modern culture is constantly feeding us lies, and these lies affect you more than you know. The lies that affect you the most, however, are the ones you tell yourself. These lies steal your joy, sap your energy, and cause you to lose hope. They prevent you from discovering the kind of vibrant faith the first Christians experienced. But as Matthew Kelly shows, we've arrived at a crucial moment in history. People are disillusioned with what the world offers. The world is in desperate need of change, and no one is in a better position to effect that change than Christians. We have an incredible opportunity to dispel the lies and cut through the confusion and false promises around us. This book provides the practical tools necessary to help you regain your fervor and leave your mark on the world—and experience more happiness than you thought possible. Together we can change the course of history—with humility, generosity, kindness, and joy, one Holy Moment at a time.

Overload - Erin L. Kelly 2021-10-05

Why too much work and too little time is hurting workers and companies—and how a proven workplace redesign can benefit employees and the bottom line Today's ways of working are not working—even for professionals in "good" jobs. Responding to global competition and pressure from financial markets, companies are asking employees to do more with less, even as new technologies normalize 24/7 job expectations. In *Overload*, Erin Kelly and Phyllis Moen document how this new intensification of work creates chronic stress, leading to burnout, attrition, and underperformance. "Flexible" work policies and corporate lip service about "work-life balance" don't come close to fixing the problem. But this unhealthy and unsustainable situation can be changed—and *Overload* shows how. Drawing on five years of research, including hundreds of interviews with employees and managers, Kelly and Moen tell the story of a major experiment that they helped design and implement at a Fortune 500 firm. The company adopted creative and practical work redesigns that gave workers more control over how and where they worked and encouraged managers to evaluate performance in new ways. The result? Employees' health, well-being, and ability to manage their personal and work lives improved, while the company benefited from higher job satisfaction and lower turnover. And,

as Kelly and Moen show, such changes can—and should—be made on a wide scale. Complete with advice about ways that employees, managers, and corporate leaders can begin to question and fix one of today's most serious workplace problems, *Overload* is an inspiring account about how rethinking and redesigning work could transform our lives and companies.

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.

Redefining Work-Life Balance - Jim Bird 2019-04-30

Yes - There Is Work-Life Balance! ... but it's probably not what you think. Too many academics and HR departments have defined work-life balance in superficial ways that make it unattainable, undesirable, or both. Common sense dictates that if something you desire is ill-defined or "impossible," your outcomes will be disappointing and potentially even harmful. But sadly, common sense hasn't been common practice. *Redefining Work-Life Balance* is about creating life-altering, positive results. These pages convey a way to deliver powerful results using simple, one-minute tools proven to enhance life balance and enjoyment. The outcome is reduced stress, increased achievement, and more joy every day - for the rest of your life! Discover and enjoy easy-to-learn concepts with practical applications to: Understand what work-life balance really means Avoid the "As soon as..." trap Establish a 'Way of Living' Goal - A powerful tool for crafting how you live every day Accomplish your work-life priorities faster... and with less stress Find a more rewarding and happier balance in all your relationships Master the emotion-decision link with your personal emotional management tool The tools and tactics in *Redefining Work-Life Balance* were refined while building a light manufacturing business from a small startup to generating over \$100,000,000 in sales with a great team of 250+! That success and the success of thousands of clients is made possible by adapting and applying these tools, and respecting that in addition to having a job, each one of us has a life. Create more achievement at work and more enjoyment in life with *Redefining Work-Life Balance*! Part One of this book begins by dispelling the myth that there is no such thing as work-life balance. Instead, it delivers a proven re-definition that is clear, fulfilling, and attainable, along with a tool set that will enhance the value and positive balance you get from life - today and every day. Part Two is about people and relationships. You will learn two powerful one-minute tools that can be applied to your life immediately. The outcome is having a more rewarding, less stressed, and happier balance with the important individuals in your personal and work life. In each chapter, you will also see examples from people who have generously shared their personal stories and experiences in implementing these tools. Part Three is about achieving the things you want in life. It delivers two tools that supercharge your thinking. You will get more good thinking done with each of these tools in minutes than most people get done in days, weeks, or even a lifetime of typical pondering. You will also discover two balance measurement tools: one gauges your emotional status and reactions, the other illuminates your current emphasis in life and enables you to adjust it easily if it is not where you want it to be. Part Four concludes these pages using your definition of a good work-life balance to clarify your Way of Life goals. These goals are not specific markers to surpass or

milestones to accomplish, they are instead way of living goals. What are the most meaningful and important outcomes you want from your life every day? You will be surprised how quickly these meaningful and often life-changing goals become clear with this final tool in the book. My promise to you is that by applying these proven tools, you will create immediate positive outcomes, personally and professionally. More importantly, based on the feedback I have received across demographics, countries, and cultures, I expect that you too will retain and use your favorite tools along with your re-definition of work-life balance to be happier, less stressed, and more fulfilled over your lifetime. Let's turn the page and redefine work-life balance in a way that works for you!

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.

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.

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.

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.

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.

Out of Office - Charlie Warzel 2021-12-07

"This book will challenge you to rethink what it takes to make remote work work—not just for companies, but for people." —Adam Grant, #1 New York Times bestselling author of *Think Again* and host of the TED podcast *WorkLife* 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.

HBR Guide to Work-Life Balance - Harvard Business Review 2019-04-16

Stop running on empty. Every day you juggle the many components that fill your life. Between work and family commitments, volunteer work, hobbies, and managing your physical and mental health, it's easy to feel overwhelmed and that you're letting someone down or neglecting some aspect of your life. But you can find ways to honor all of your commitments without collapsing. The HBR Guide to Work-Life Balance will help you: Evaluate and adjust your priorities Manage expectations Set and spend your time budget Make plans--and backup plans Understand how to make trade-offs Prioritize self-care Discover what works for you

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.