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MY WORK/LIFE BALANCE HACKS

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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 a relocation

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Work-Life Balance for Dummies will offer readers advice and simple strategies to achieve more balance whatever their situation. 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 a relocation About the author Jeni Mumford is the author of Life Coaching For Dummies .

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Work Life Balance For Dummies by Katherine Lockett

Maintaining this balance is an ongoing task; here are some of the best ways of doing it: Don ' t let your job consume you. Get away from your office or desk for a little downtime during the day. Even walking... Spend more time with friends and family. Banish the working vacation from your life. Engage ...

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Work-Life Balance for Dummies will offer readers advice and simple strategies to achieve more balance whatever their situation. 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 a relocation About the author Jeni Mumford is the author of Life Coaching For Dummies .

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Work-Life Balance for Dummies by Katherine Lockett & Jeni Mumford (Authors), New Delhi, India: Wiley India Pvt. Ltd., 2012. Introduction Stand and Deliver: Your Job or Your Life Defining Work/Life Balance Work, Life, and You Looking After Yourself First o You Can't Have It All and Nor Would You Want To o Your Body Is Your Temple and Not Your Local Dump o Getting to Know You Size Isn't ...

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A recent survey conducted by Universum Communication found that work-life balance is No.1 on the list of short-term career goals amongst professionals. But while work-life balance is an increasingly popular term, many of us are still unsure about how to achieve it, or lack the confidence to approach employers to negotiate flexible working hours. Work-Life Balance for Dummies offers readers advice and simple strategies to achieve more balance whatever their situation.

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Work-Life Balance for Dummies will offer readers advice and simple strategies to achieve more balance whatever their situation. 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 a relocation; About the author

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