



30 Minuten Work-Life-Balance (German Edition)

Lothar Seiwert

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Fühlen Sie sich manchmal wie der Hamster im Laufrad? Immer noch eine neue Aufgabe mehr, ein neues Amt, eine neue Verpflichtung? Meinen Sie, Ihr Leben dann in den Griff zu bekommen, wenn Sie all diese Dinge besser koordinieren und effizienter erledigen würden?

Dieser Ratgeber gibt Ihnen eine andere Antwort. Sie lernen das Modell der Zeit- und Lebens-Balance kennen. Es zeigt Ihnen den Weg, statt immer noch mehr, endlich Dinge zu tun, die Sie tatsächlich weiterbringen.

Lesen Sie, wie Sie

- * sich zum wichtigsten Menschen in Ihrem Leben machen
- * die Richtung Ihres Lebenswegs selbst bestimmen
- * sich auf Ihre Hauptrollen im Leben konzentrieren lernen
- * dem Dringlichkeitswahn unserer Zeit entkommen und damit den entscheidenden Schritt vom reinen Zeitmanagement zu Life-Leadership gehen.

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