



Work + Life

Cali Williams Yost

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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.

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Beverly Turner:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, in that case why you don't try thing that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Work + Life, it is possible to enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

Susan Munoz:

What is your hobby? Have you heard that question when you got pupils? We believe that that query was given by teacher to the students. Many kinds of hobby, Every person has different hobby. And also you know that little person like reading or as examining become their hobby. You must know that reading is very important and also book as to be the factor. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You discover good news or update about something by book. Different categories of books that can you decide to try be your object. One of them is actually Work + Life.

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