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THE NEW **ONE MINUTE MANAGER** SEQUEL!

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**balances work and life**

invaluable advice for  
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Life Course Research and Social Policies 6

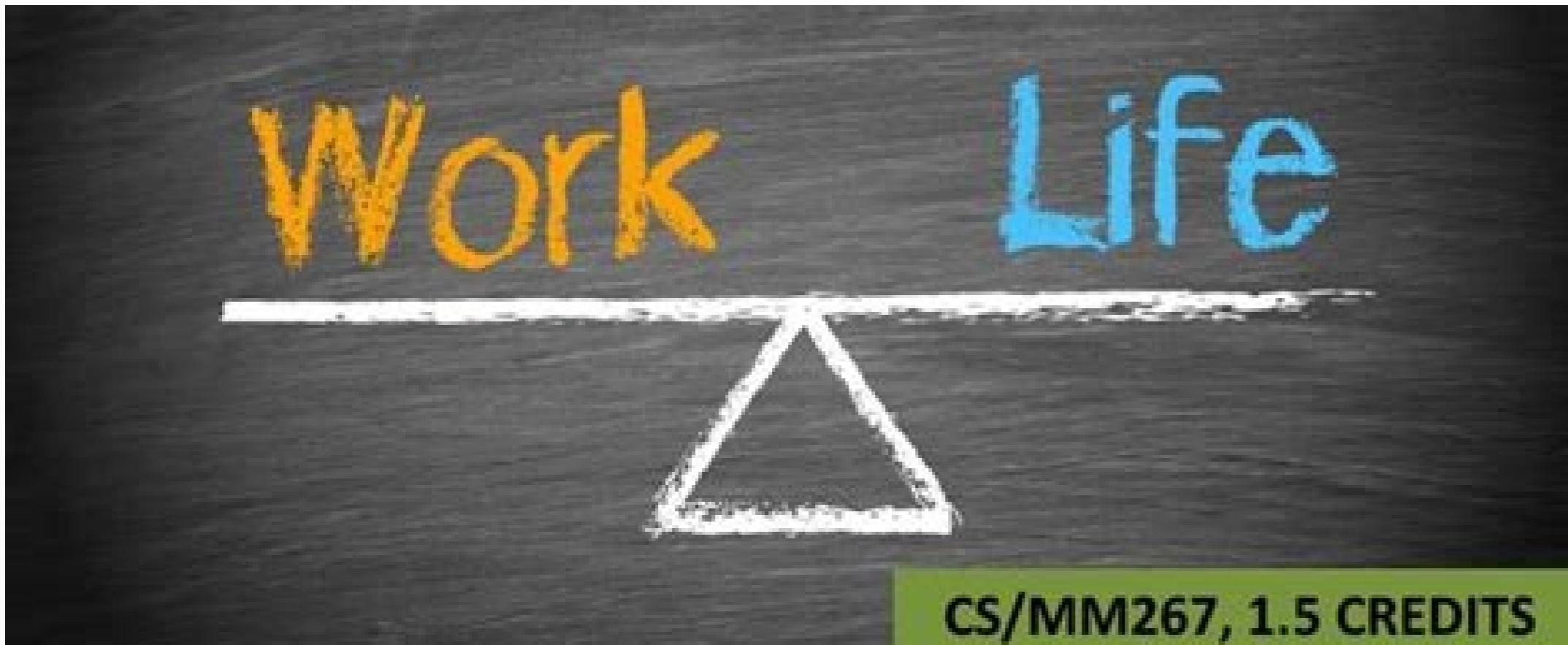
Margaret O'Brien  
Karin Wall *Editors*

## Comparative Perspectives on Work-Life Balance and Gender Equality

Fathers on Leave Alone

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# **THE CHALLENGE OF WORK – LIFE BALANCE: REALIGNING CAREER, FAMILY, CHURCH AND LEISURE TO GOD'S PRIORITIES**

WHEN:

INTENSIVE COURSE | 2016

**(PL) FEB 29 | 7:45 PM – 10:00 PM**

**MAR 1, 3 | 7:15 PM – 10:00 PM**

**MAR 5 | 9:00 AM – 5:00 PM**

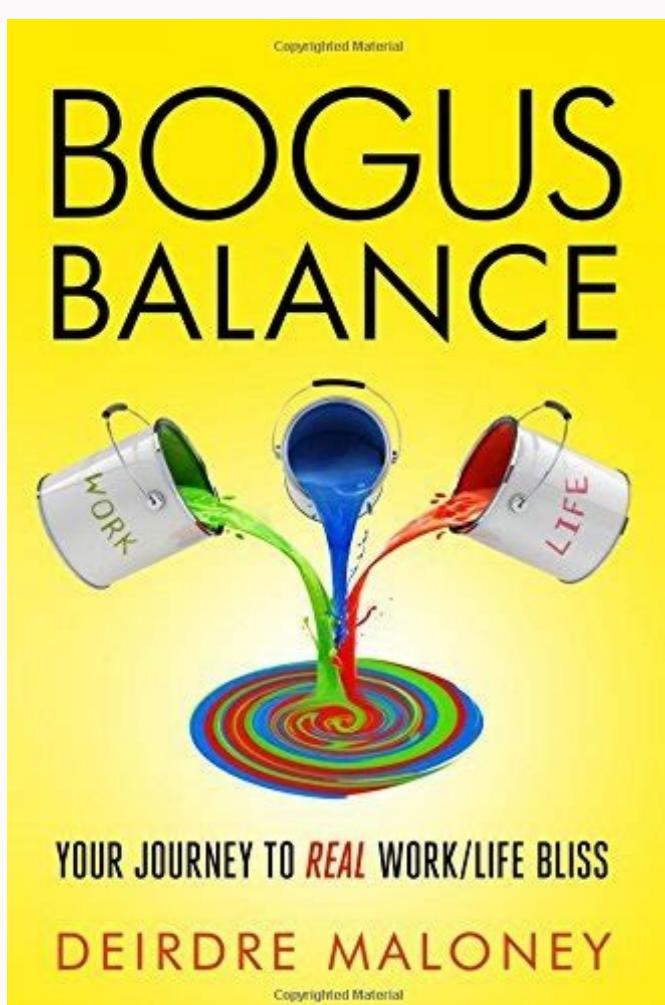
## LECTURER:

DR. ROBERT BANKS

## **VENUE:**

ZION BISHAN BIBLE-PRESBYTERIAN CHURCH

**FEE: S\$225 (CREDIT), S\$157.50 (AUDIT)**



The author believes that the balance between work and personal life has been the wrong approach because it is satisfaction<sup>3</sup> what we really want. We have compiled a list of books dedicated to helping you achieve that balance. For more than 10 years, this author has been working with corporate employees to show them simple steps to reduce overwhelming trends and achieve true<sup>3</sup>. Countless people struggle to maintain a stable personal and working life. I tried many techniques to solve the problem, but that led to repeated frustrations and failures. The book says that "40% of Americans work more than 50 hours a week and the most fall into the trap of working longer to provide more to our children than we enjoy when we do not." 2. Imbalance: The myth of the balance between work and personal life to the satisfaction<sup>3</sup> personal and professional Author: Matthew Kelly Goodreads rating: 4 stars The author says that one of the main problems in life is striking the balance between work and private life. Take a look at these balance books between work and private life full of guidance<sup>3</sup> advice and advice: 1. Leading with balance: How<sup>3</sup> to master the balance between work and private life in an unbalanced culture Author: Donnie Hutchinson Goodreads rating: 5 stars If your normal workday lasts longer than nine hours, you've probably missed important personal events to complete your workday. Many of today's job seekers want flexibility and a career that lends itself to the balance between work and private life. People who practice<sup>3</sup> management techniques often find that they are more productive, have more energy to do the things they want, feel less stressed, relate more positively to others and feel better with themselves. 7. Issues of life: Create a dynamic balance of work, family, time and money Authors: A. We are all limited to 24 hours a day or 1,440 minutes or 86,400 seconds. The book introduces the system that the author uses with his clients and colleagues to find a deep satisfaction both personal and professionally. Professionally. Balance, Greater Reward: Five Steps to Better Health, Productivity, and Work-Life Balance Author: Jeff Kooz Goodreads rating: 4 stars This book tackles how stress can affect other aspects of your life, including weight gain. Everyone wants work-life balance, but few have truly been able to achieve it. According to the author, "Time is limited and it must be protected and budgeted. Self-analysis, evaluation, planning, and self-control are the keys to use your available time more wisely. The book outlines three philosophies that are dragging us down and shows us how to cultivate the energy that will give us the power to do everything we need and want to do. If so, this book is for you. This book focuses on feeling more fulfillment in all parts of your life: health, relationships, work, and home. In five steps, the author describes how to use the system he developed personally and professionally to establish your most critical priorities, even if more time is spent on the lesser ones. The author has struggled with anxiety, obesity, and burnout due to stress. Roger Merrill, Rebecca A. This book is the follow-up to this author's book The Dream Manager. Merrill Goodreads rating: 4 stars This book will explore the following conundrums: To be successful at work while being fulfilled at home To live for today without stressing over money and time To transform technology from an aggravation to a tool that helps balance life To develop the "navigational intelligence" to make better decisions daily Looking for better work-life balance? In this book, the author and executive coach will address how to: Reduce stress Shift negative thoughts to create a naturally positive outlook Fool your brain so you can change any habit forever Say no with kindness and grace Sleep better for a brighter outlook Build relationships that are meaningful 5. Balancing Life: Seven Strategies that can Help You Achieve Work-Life Balance Russell Clayton "New Version: Currently Unrated If you long to be home when you're working overtime on a regular basis or your job takes you away from your spouse and children even when you're at home, you're not alone. In this book, the author, a university professor and executive consultant, directly addresses these problems and explains how managers and employees can properly manage all important facets of life. But is it worth the price? "The author outlines current research, as well as his own experiences to present a practical and achievable path forward. Through years of personal trials and tribulations, the author has developed a problem-solving system that will guide you through the five steps that can help you experience your own personal growth. The author of the book says it has "the secret to improving health, productivity and balance". 4. Brilliance between work and life: Tools to break stress and create the life and health you want Authors: Denise Green, Susan Scott Goodreads rating: 3 stars Do you often feel that you are "super" busy"? Also, if you have been skipping healthy meals and exercises to work harder, this book is for you. 6. 12 Years a Cubicle Slave: How to Find the Perfect Balance Between Work and Play "Tips for Balancing Life-Work Author: Joshua Osenga Goodreads rating: 5 stars This author argues that the term "time management" is a wrong name; You can't handle time, but you can handle the events of your life in relation to that time. Start your search for a flexible job! SaveSave SaveSave

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