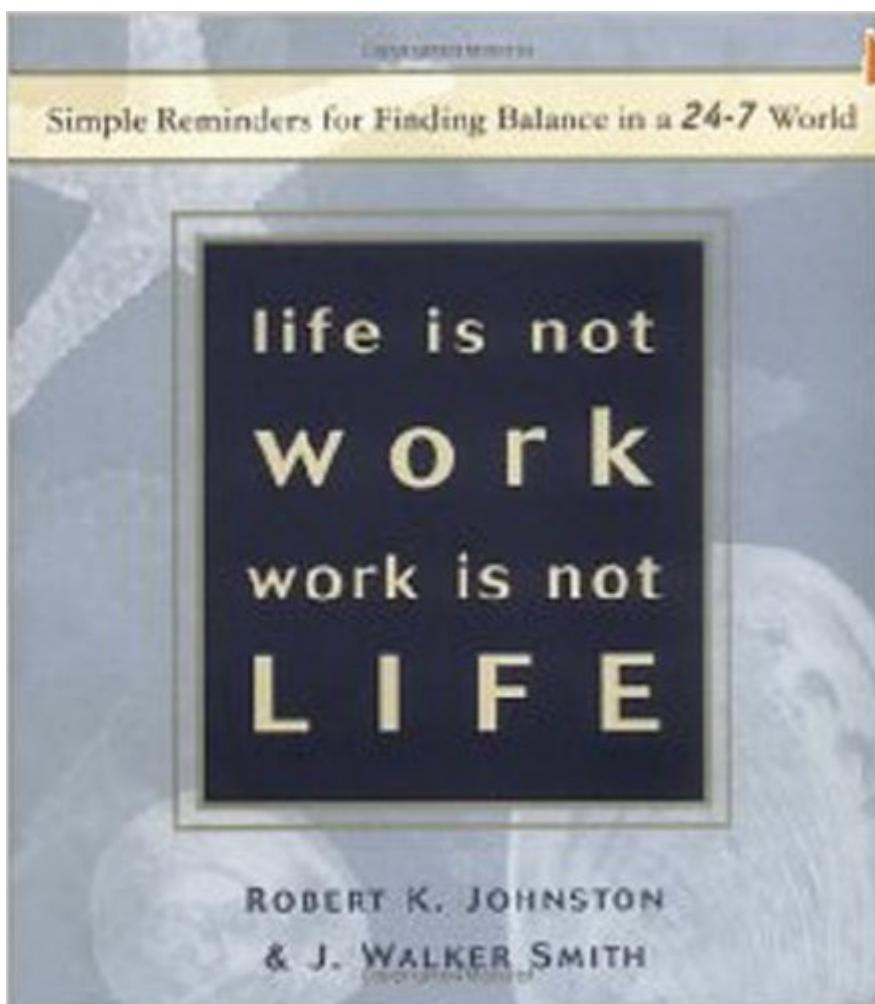


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# Life Is Not Work, Work Is Not Life: Simple Reminders For Finding Balance In A 24/7 World



## **Synopsis**

In no small way, our lives have been defined by work. In order to support our work ethic, we need to refresh ourselves. And, what is even more important, we need to find a balance between work and the rest of life.

## **Book Information**

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## **Customer Reviews**

We live in a rush-rush world filled with a myriad of activities that demand our time and challenge our priorities. More and more people are talking about balance, life-work balance. A theologian and a corporate executive (a nice balance in itself) got together and wrote a little book that may bring you some serenity and perspective. Life is Not Work is one of those little books you often see next to the cash register in book stores or gift shops. An impulse buy. Except this one is more expensive ... It offers more than just little quotations, though. The little essays, personal stories, make this book a cross between a quote book and a Chicken Soup for the Soul volume. The authors bring us 137 of these short, easy-to-read essays, organized into twenty categories. Listing the categories will give you a sense of the content you'll discover: Balance, Time, Work, Living, Play, Spirituality, Wholeness, Empowerment, Strength, Joy, Stress, Materialism, Repose, Wonder, Nurture, Happiness, Authenticity, Integrity, Community, and Fulfillment. Have I whetted your appetite? Consider the background and perspective of the authors and slide into your easy chair to think about the balance in your life. Forewords from the authors will help you understand who they are and where they're "coming from." A bibliography completes the book, giving the reader an extra

sense of connection to the messages and their sources. This book will rest comfortably, waiting for its next opportunity, next to the bed in our family's guest room. Be my guest. Read this book gently and contemplate your life-work balance.

Without a doubt one of the best non-religious books on life I've ever read. I could not say enough good about the book and its author's perspectives. I log a lot of hours at work and struggle to find a balance. The book is brilliant with life changing concepts and ideas. It changed my perspective and I've told many friends and family about it. Worth your time to read and reread!!! Every business professional who lives at work or works too much should read and make needed changes in their lives. Mike S. [...]

Great book.

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