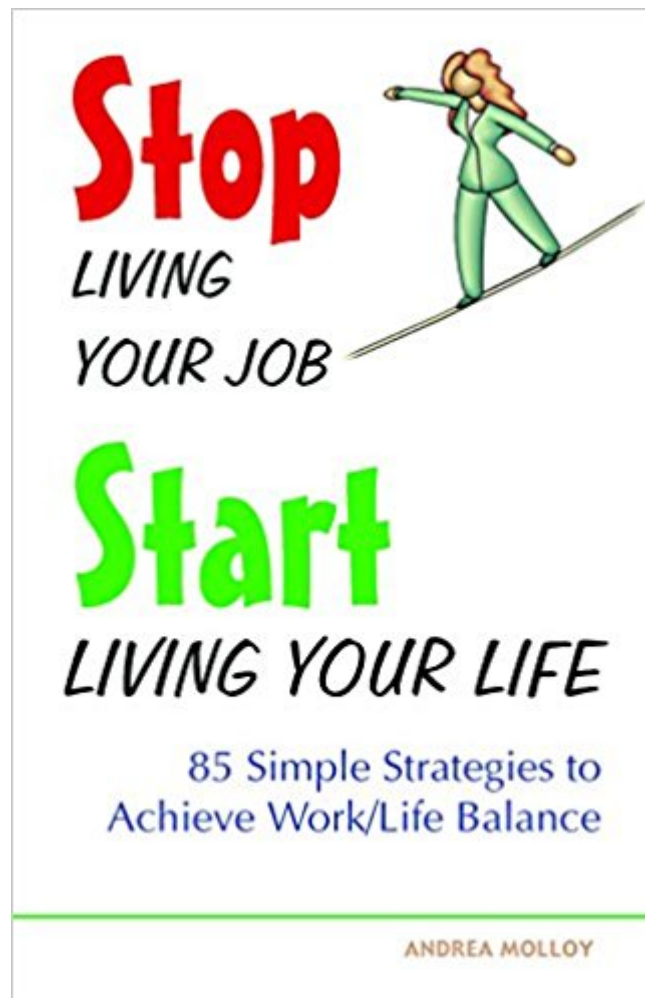




The book was found

Stop Living Your Job, Start Living Your Life: 85 Simple Strategies To Achieve Work/Life Balance



Synopsis

In this ramped-up world, there never seems to be enough time. Everyone wants to "have it all," but time constraints challenge people to juggle career pressures with social, family, and personal commitments. *Stop Living Your Job, Start Living Your Life* is a roadmap for remaking one's life to match those most heartfelt priorities. Packed with interactive tools including 50 Action Tasks, 25 Action Questions, 18 Hot Tips, and Four Quick Quizzes, it empowers readers to control their responsibilities instead of having their responsibilities control them. Offering realistic and practical solutions to everything from decluttering space, managing finances, staying committed, and pursuing dreams, *Stop Living Your Job, Start Living Your Life* helps create a sense of balance, achievement, and enjoyment in everyday life.

Book Information

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Customer Reviews

Andrea Molloy is a founding director of Aspirations Ltd which offers both personal and corporate coaching services, customised workshops and seminars. Clients include Coca-Cola Amatil NZ Ltd, the New Zealand Rugby Union, and TelecomNZ. Andrea is trained and accredited by the Life Coaching Academy and is a member of the ICF. She was preseedent of the Auckland Chapter of the ICF in 2003. Andrea is a regular TV and radio guest, and writes motivational articles for magazines. She holds a degree in sociology from Victoria University of Wellington.

There are 85 ideas in this book to reorganize and energize your life. This is not a system book-- you can pick and choose among the items to attack an area that needs work. For example, there are

hints for beating procrastination and moving out of a comfort zone (big moves) to little things like organizing your office (do it in small bites; reorganize a drawer by taking all of the items out and ONLY putting back the ones you need in that drawer.) This is a really nice example of a self-improvement book that can be used and re-used because you don't have to reinvent yourself wholesale--just a bit at a time. Recommended.

Extremely well written, easy to read, but unlikely to provide much new information for dedicated self improvement junkies. Andrea Molloy is a leading New Zealand life coach. Her style of writing is easy to read and the book has separate sections for tips, exercises and helpful examples. The material is unlikely to be new but it is very well explained and the layout is excellent. If you are new to personal growth or having difficulty managing your life this book contains simple guidelines with easy to follow steps to help you get your life in balance. If you are more experienced in personal growth or self-coaching it is a helpful refresher but you may prefer to buy a book that delves deeper into the subject.

This book details 85 simple strategies that readers can use to achieve work/life balance. This is a great book - easy to read and the strategies are really simple. The author presents many questions to consider and gives action tasks to help the reader get going. This is a great self-coaching book that will help readers to make the best use of their time, manage stress, and fulfill their potential.

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