

*Author of the Bestselling
Workaholics: The Respectable Addicts*

The
**Balancing
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*Rediscovering
Your Feelings*

BARBARA KILLINGER Ph.D

Balancing Act Rediscovering Your Feelings

JR Anderson



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The Balancing Act Barbara Killinger, 1995 If you or someone in your life has lost emotional balance find the path back to sanity and stability by using this practical and inspiring guide 1995 [Achieving Inner Balance in Anxious Times](#) Barbara Killinger, 2011-02-22 Whether our anxiety arises because of uncertain tough economic times or as a result of our own struggle with workaholism obsession or depression too often we lose touch with our feeling side experience numb flat affect and gradually become immobilized by fear Constructive and easy to follow strategies offer hope to those who are trying to recover [Integrity](#) Barbara Killinger, 2010-02-12 How to restore integrity so that social values can be upheld and family welfare strengthened *Research Companion to Working Time and Work Addiction* Ronald J. Burke, 2006 Ronald Burke has put together a collection of state of the art research and writing about work hours and work addiction from around the world This book is essential reading for academics managers human resource professionals and anyone else interested in identifying types of work addiction learning about antecedents and consequences of workaholism as well as how to help people achieve work life balance The contributions from top notch researchers and academics in the field provide a rounded view of how the interplay between career aspirations work motivation and working conditions contribute to health outcomes and effectiveness at work Astrid M Richardsen Norwegian School of Management Norway The Research Companion to Working Time and Work Addiction captures the essence and intricacies of an important and fascinating topic It explores the body of writing on work hours that until this book existed quite separately from literature on work addiction As can be expected from the breadth of his knowledge and the consistent quality of his work Ronald J Burke has done a terrific job of editing a book that presents work addiction and working time in a way that is both scientifically sound and engaging The twenty four contributors have done an excellent job of extending and refining our understanding of work addiction and working time in this collection of excellent conceptual and empirical chapters This book is a must for all scholars and practitioners who are interested in this fascinating aspect of work life Ayala Malach Pines Ben Gurion University Israel This is an excellent and unique book which not only addresses the detrimental effects of long working hours and work addiction but also investigates the causes and treatment of workaholism An outstanding volume which includes both conceptual and empirical chapters from distinguished academics and practitioners from several countries This is essential reading for all those interested in health and well being in the workplace and the establishment of satisfactory home and work life balances The editor should be congratulated for this groundbreaking book Marilyn J Davidson University of Manchester UK This book is overdue Someone somewhere a long time ago should have put this book together because its value is incalculable The pace of change in the workplace has vastly increased and workers see their jobs as more complex and fragmented What is the prognosis Where is it all going What can be done about it If anything This book is more a handbook than a research companion on all those aspects of the workplace that touch on or represent change pace workload work addiction work life

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Your Balancing Act Carolyn Taylor, 1985 *Canadian Book Review Annual*, 1995 *The Complete Idiot's Guide to Surviving Divorce* Pamela Weintraub, Terry Hillman, Elayne Kesselman, 1999 Offers advice on settlement agreements custody arrangements mediation lawyers and legal fees child and spousal support visitation and blended families

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Weintraub,Stephen R. Clark,2003 No Marketing Blurb

Canadian Books in Print ,2003

Discovering Your Past Lives

Gloria Chadwick,1988-09-22 Describes how to recognize past life memories as they arise from the subconscious mind Fate magazine

New Decorating Book ,2006

Describes the latest home decorating styles and trends and offers specific advice on how to work with available materials and textures utilize color and light and select furnishings and accessories

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Helene Berk,1999-04 The key to Helene s Medical Health Planner is on page 5 The Daily Mental Checklist Here is the best part you Never have to do the checklist perfectly Transform your body and mind at your own perfectly imperfect pace with small simple subtle steps Move forward and progress turn to the Healthy Strategies Inventory on page 6 play with over 100 therapeutic recipes examine the Glycemic Index of Foods to manage blood fats blood sugars moods and hunger Discover a whole new world of superior foods rich in phyto nutrients phyto estrogens and anti oxidents and chocolate is on the program Nothing is off limits Eat what you like simply be truly hungry listen to your body Trash your diet Begin this journey today

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