

Balancing The Big Stuff Finding Happiness In Work Family And Life

Balancing the Big Stuff Finding the Balance A New Psychology of Women Gender: The Basics Women's Lives Finding Balance The New Single Finding Their Balance Educating through Popular Culture Happiness Hacks Beating Burnout, Finding Balance What About the Big Stuff? Balancing in Heels Finding Our Balance The More of Less Living Fully A Life in Balance A Compact Guide to Balancing Your Life Dealing With The Tough Stuff Juggle, The

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Balancing the Big Stuff offers a very readable guide on how to simplify and enrich life in those areas where we need it most, providing anecdotes about working parents, stay-at-home moms (and dads), and single parents. Supported by pertinent research, the authors offer up concrete suggestions about parenting, work, division of household chores and activities that can further enhance happiness and meaning in one's life.

~~Balancing the Big Stuff: Finding Happiness in Work, Family~~

balancing the big stuff finding happiness in work family and life while the current conversation about work family balance and having it all tends to focus on women both men and women are harmed when conditions make it impossible to balance meaningful work with family life yet both will benefit from re evaluating wha

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Balancing the Big Stuff: Finding Happiness in Work, Family, and Life. While the current conversation about work-family balance and “having it all” tends to focus on women, both men and women are harmed when conditions make it impossible to balance meaningful work with family life.

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Miriam Liss and Holly Schiffrin have written a wise guide to negotiating the complexities of modern life. Balancing the Big Stuff provides actionable recommendations based on up-to-the-minute results from some of the best research in contemporary psychology. This book is for anyone who finds modern life just a little too hard to manage.

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Get this from a library! Balancing the big stuff : finding happiness in work, family, and life. [Miriam Liss; Holly H Schiffrin] -- Ann-Marie Slaughter started a firestorm of headlines and heated discussions about what it means to have it all in her piece in The Atlantic in 2012. Balancing the Big Stuff focuses on what it means ...

~~Balancing the big stuff : finding happiness in work~~

Balancing the Big Stuff by Miriam Liss, 9781442223356, available at Book Depository with free delivery worldwide.

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