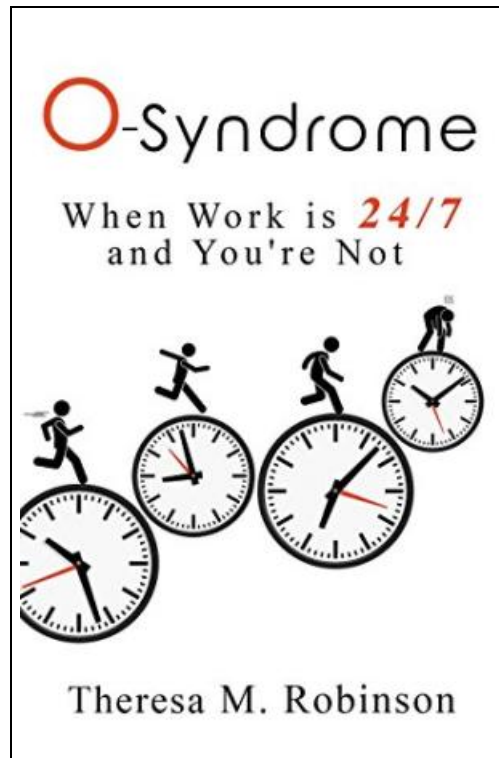


O-Syndrome: When Work Is 24-7 and You're Not (Paperback)



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Reviews

This book is very gripping and exciting. I was able to comprehend everything out of this written publication. You will not truly feel monotony at any time of your respective time (that's what catalogs are for concerning should you question me).

(Eulalia Schamberger)

O-SYNDROME: WHEN WORK IS 24-7 AND YOU RE NOT (PAPERBACK)



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Lachesis Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A shake-you-up, get-you-grounded, ignite-your-fighting-spirit guide to overcoming O-Syndrome If you re overworked, overstressed, overburdened, overloaded, overcommitted, over-obligated, overtired, overwhelmed, overextended, overscheduled, and just plain over it, you are very likely suffering from O-Syndrome--today s 24/7 workplace equivalent of the elephant in the room. What do you really need and want for a satisfying and fulfilling life? By asking this and other tough but necessary questions, coach and facilitator Theresa M. Robinson highlights the need to re-establish clear values and priorities and to set boundaries in our work lives. Using powerful and honest illustrations and examples from her own life and the lives of working professionals from a myriad of backgrounds, Theresa leads us to examine the impact of O-syndrome on our spirits, our health, and our families, and then walks us through designing our own personalized values-based strategies. A more abundant life can be yours with the help of this book--will you take it?.



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