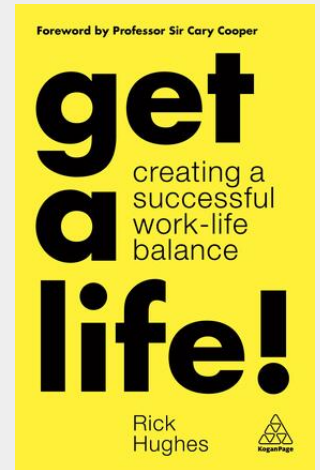


Hughes

Get a Life!

Creating a Successful Work-Life Balance

Is work taking over your life? Is your life interfering with your success at work? Work-life balance is ever-evolving and can be hard to find and maintain, especially as your career develops and circumstances change. Get A Life! is a highly practical handbook to help you do just that. Written by experienced coach, counsellor and wellbeing consultant Rick Hughes, this book covers everything from assessing your own needs, delegation and workload management and the myths of perfectionism, to managing and investing in relationships at work and at home, considering professional and personal development, and creativity and self-worth. With a wealth of advice, case studies and useful action plans founded in over 25 years of real-world experience, Get A Life! will help you find the balance that works for you, now.



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