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Titolo	Balance your life and work : how to get the best from your job and still have a life
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Disciplina	306.36
Soggetti	Work-life balance Electronic books.
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Sommario/riassunto	This title offers sound, practical advice on how to regain your equilibrium and keep work in its place. It helps you work out your own priorities, reduce your stress levels, and take positive action to make your life easier.