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| Nota di contenuto       | Introduction -- Part I-Balancing by Knowing and Appreciating Self -- Chapter 1-Knowing Your Purpose -- Chapter 2-Simplify Your Life -- Chapter 3-The Wages of Stress -- Chapter 4-Focus and Begin to Dream Again -- Chapter 5-Get Engaged . . . In Your Life -- Chapter 6-Putting Technology In Its Place: The Effect of Connectivity and Social Media -- Part II-Finding and Keeping Balance -- Chapter 7-Fatigue -- Chapter 8-Workplace Balance -- Chapter 9-Sleepless, and Not Just in Seattle -- Chapter 10-Be Happy, Eat Well, Get Moving, Live Longer, and Live Well -- Chapter 11-Reinventing Yourself: Becoming More of You -- Chapter 12-Destiny in the Balance -- Appendix-26 Principles of Life -- Index. |
| Sommario/riassunto      | B is for Balance is about the individual nurse – the professional, the multi-tasker, the 'be all things to all people' leader. While the first edition of B is for Balance was well-received and has been a great resource to nurses and other professionals, the second edition has been updated to focus on 12 steps to balance, including engagement, focus, sleep deficits, fatigue, diet, re-inventing one's career, and the need for each of us to live longer and to live well.   |