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Sommario/riassunto	HauptbeschreibungThe concepts of work-life balance are a popular and in nowadays one of the most extensively discussed areas in organizational management as a consequence of its association with individual benefits, e.g. prevent burn-out, and organizational costs. The core aim of this study is to examine the impact of the unique working and living environment of cruise ships towards the physical and emotional exhaustion of their crews. In order to explain these, the

study investigates traditional theories of Maslow and Herzberg,  
considers real life experiences of current and former

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