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Collana	CCL ; ; No. 427 Ideas into action guidebooks
Disciplina	158.1
Soggetti	Conduct of life Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	"For the Practicing Manager"--Cover. "CCL No. 427"--Title page verso.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Title Page; Table of Contents; Balancing Act; Assessment: Gaining Clarity; Time Journal; Other Views; Success; Challenge: Making Changes; Time; Supervisory Behavior; Fear; Support: Seeking Assistance; Honesty; Awareness of Limits; Recharging; Reality Sets In; Suggested Readings; Background; Key Point Summary; Lead Contributors
Sommario/riassunto	Balance isn't an issue of time, but an issue of choice. It's about living your values by aligning your behavior with what you believe is really important. Aligning your behavior with your values is much like any other developmental experience; the basic process involves assessment, challenge, and support. You need to determine where you are, define where you want to go, and then put into place the tools you need to get there. Balance is about more than how you spend your time. It's about how you live your life. It's about recognizing that you have control over the choices you make and align

