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Note generali	Translated from the Danish. This translation previously issued in print: London: Karnac, 2008. About the Author , Preface , Introduction , Work: curse or blessing? , What is work addiction? , What causes work addiction? , What happens when work takes control? , What can we do if our work takes control of us? , Will work control us in the future?
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Nota di contenuto	Cover; Copy Right; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; PREFACE; CHAPTER ONE: Introduction; CHAPTER TWO: Work: curse or blessing?; CHAPTER THREE: What is work addiction?; CHAPTER FOUR: What causes work addiction?; CHAPTER FIVE: What happens when work takes control?; CHAPTER SIX: What can we do if our work takes control of us?; CHAPTER SEVEN: Will work control us in the future?; REFERENCES
Sommario/riassunto	The purpose of this book is to explain, first, what happens when we become too involved in our work, and, second, how we avoid being controlled by our work and how we prevent family members, friends,

colleagues, or employees from being so. In addition, it is hoped that the book will help bring about a debate about our work habits and initiate thought and discussion about our values and how much space work should be allowed to take up in our lives. The book is addressed to everyone who deals with the psychological working environment, among them business managers and counsellors who treat peopl
