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Autore	Robinson Bryan E.
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Nota di contenuto	Front matter -- Contents -- Acknowledgments -- 1. Who, Me? A Workaholic—Seriously? -- 2. How to Spot Work Addiction -- 3. When Work Addiction Hits Home -- 4. Inside Your Workaholic Mind -- 5. Childhood and the Making of a Workaholic -- 6. Spouses and Partners of Workaholics -- 7. Children of Workaholics -- 8. Risky Business -- 9. Your Workaholic Brain -- 10. Mindful Working -- 11. Your Work Resilient Zone -- 12. Work-Life Balance and Workaholics Anonymous -- Appendix -- Notes -- Index -- About the Author
Sommario/riassunto	Draws on hundreds of case studies to provide a step by step guide to spot workaholism, understand it, and recover Americans love a hard worker. The worker who toils eighteen-hour days and eats meals on the run between appointments is usually viewed with a combination of respect and awe. But for many, this lifestyle leads to family problems, a decline in work productivity, and ultimately to physical and mental collapse. Intended for anyone touched by what Robinson calls “the best-dressed problem of the twenty-first century,” Chained to the Desk provides an inside look at workaholism’s impact on those who live and work with work addicts—partners, spouses, children, and colleagues—as well as the appropriate techniques for clinicians who treat them.

Originally published in 1998, this groundbreaking book from best-selling author and widely respected family therapist Bryan E. Robinson was the first comprehensive portrait of the workaholic. In this new and fully updated third edition, Robinson draws on hundreds of case reports from his own original research and years of clinical practice. The agonies of workaholism have grown all the more challenging in a world where the computer, cell phone, and iPhone allow twenty-four-hour access to the office, even on weekends and from vacation spots. Adult children of workaholics describe their childhood pain and the lifelong legacies they still carry, and the spouses or partners of workaholics reveal the isolation and loneliness of their vacant relationships. Employers and business colleagues discuss the cost to the company when workaholism dominates the workplace. Chained to the Desk both counsels and consoles. It provides a step-by-step guide to help readers spot workaholism, understand it, and recover.
