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Sommario/riassunto	Developments in IT and communication technology, coupled with the global 24 hour market, have led to boundaries between work and personal life becoming ever more blurred, while work/life policies and practice struggle to keep up. This book aims to challenge traditional thinking on work life balance, and to explore different ways of promoting change at many levels. It provides a historical overview of the topic, critiques contemporary approaches and offers creative ideas for integrating work and personal life in local, national and global

contexts.
