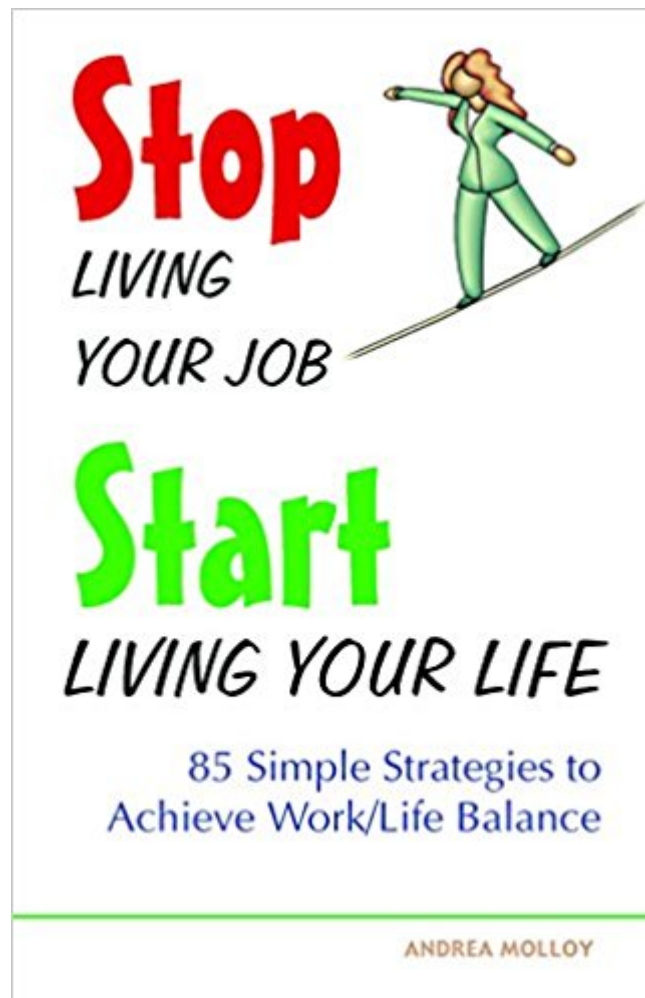




**Ebook Directory**  
the best source of ebook

The book was found

# Stop Living Your Job, Start Living Your Life: 85 Simple Strategies To Achieve Work/Life Balance



## Synopsis

In this ramped-up world, there never seems to be enough time. Everyone wants to "have it all," but time constraints challenge people to juggle career pressures with social, family, and personal commitments. *Stop Living Your Job, Start Living Your Life* is a roadmap for remaking one's life to match those most heartfelt priorities. Packed with interactive tools including 50 Action Tasks, 25 Action Questions, 18 Hot Tips, and Four Quick Quizzes, it empowers readers to control their responsibilities instead of having their responsibilities control them. Offering realistic and practical solutions to everything from decluttering space, managing finances, staying committed, and pursuing dreams, *Stop Living Your Job, Start Living Your Life* helps create a sense of balance, achievement, and enjoyment in everyday life.

## Book Information

Paperback: 208 pages

Publisher: Ulysses Press (March 17, 2005)

Language: English

ISBN-10: 1569754535

ISBN-13: 978-1569754535

Product Dimensions: 5 x 0.5 x 7.8 inches

Shipping Weight: 10.2 ounces

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,894,782 in Books (See Top 100 in Books) #91 in [Books > Business & Money > Business Culture > Work Life Balance](#) #1385 in [Books > Business & Money > Skills > Time Management](#) #1515 in [Books > Self-Help > Time Management](#)

## Customer Reviews

Andrea Molloy is a founding director of Aspirations Ltd which offers both personal and corporate coaching services, customised workshops and seminars. Clients include Coca-Cola Amatil NZ Ltd, the New Zealand Rugby Union, and TelecomNZ. Andrea is trained and accredited by the Life Coaching Academy and is a member of the ICF. She was preseedent of the Auckland Chapter of the ICF in 2003. Andrea is a regular TV and radio guest, and writes motivational articles for magazines. She holds a degree in sociology from Victoria University of Wellington.

There are 85 ideas in this book to reorganize and energize your life. This is not a system book-- you can pick and choose among the items to attack an area that needs work. For example, there are

hints for beating procrastination and moving out of a comfort zone (big moves) to little things like organizing your office (do it in small bites; reorganize a drawer by taking all of the items out and ONLY putting back the ones you need in that drawer.) This is a really nice example of a self-improvement book that can be used and re-used because you don't have to reinvent yourself wholesale--just a bit at a time. Recommended.

Extremely well written, easy to read, but unlikely to provide much new information for dedicated self improvement junkies. Andrea Molloy is a leading New Zealand life coach. Her style of writing is easy to read and the book has separate sections for tips, exercises and helpful examples. The material is unlikely to be new but it is very well explained and the layout is excellent. If you are new to personal growth or having difficulty managing your life this book contains simple guidelines with easy to follow steps to help you get your life in balance. If you are more experienced in personal growth or self-coaching it is a helpful refresher but you may prefer to buy a book that delves deeper into the subject.

This book details 85 simple strategies that readers can use to achieve work/life balance. This is a great book - easy to read and the strategies are really simple. The author presents many questions to consider and gives action tasks to help the reader get going. This is a great self-coaching book that will help readers to make the best use of their time, manage stress, and fulfill their potential.

[Download to continue reading...](#)

Stop Living Your Job, Start Living Your Life: 85 Simple Strategies to Achieve Work/Life Balance  
Job Interview: Land Your Dream Job by Conquering Your next Job Interview by Answering 50 Tough  
Job Interview Questions and Maximizing Your Resume and Cover Letter  
Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop)  
Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)  
Knock 'em Dead Job Interview: How to Turn Job Interviews Into Job Offers  
Sharkproof: Get the Job You Want, Keep the Job You Love... in Today's Frenzied Job Market  
The Experiment: Discover a Revolutionary Way to Manage Stress and Achieve Work-Life Balance (The Experiments) (Volume 1)  
Spirituality at Work: 10 Ways to Balance Your Life On-the-Job  
How to Find Your Dream Job: Proven Strategies for Finding & Securing Your Dream Job Fast, Book 1  
The Job Vault: The One-Stop Job Search Resource (Vault Reports Career Guides)  
Off Balance: Getting Beyond the Work-Life Balance Myth

to Personal and Professional Satisfaction Off Balance: Getting Beyond the Work-Life Balance Myth  
to Personal and Professional Satisfaction Passive Income: 25+ Easy Ways to Start an Online  
Business, Create a Passive Income Stream, and Achieve Financial Freedom - How to Start an  
Online Business and Make Money from Home The Natural Survival of Work: Job Creation and Job  
Destruction in a Growing Economy Quit Your Job And Move To Southeast Asia: Vietnam, Laos, and  
Cambodia (Quit Your Job And Cost Of Living Guides Book 3) Atkins Diet: A 14-Day Atkins Diet Plan  
For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss  
Goals) The Bully at Work: What You Can Do to Stop the Hurt and Reclaim Your Dignity on the Job  
Getting a Job You Love During a Tough Economy: Job Hunting Made Simple, Easy, & Quick for  
You (Volume 1) Feng Shui at Work : Arranging Your Work Space to Achieve Peak Performance and  
Maximum Profit Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity  
and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)