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# LIFE AND WORK EXPRESS



John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Life and Work Express, David Firth, This title offers a fast track route to getting your life-work balance right. It covers all the key aspects of the work-home-self triangle, from knowing when and how to say 'no' and trusting your intuition to setting compelling goals and loose boundaries. It is packed with lessons and tips from well balanced companies, including SAS, Ernst & Young and Capital One, and ideas...

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- Authored by David Firth
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