



## Workaholic s Rehab: Stop Overworking Yourself to Death! (Paperback)

By Trevor Hawkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Admittedly the most common problem in todays workforce is too many are too lazy to move their butts and work! In some respects being workaholic is an admirable trait. But as with anything in life, even the good becomes a negative when uncontrolled. Although it s a admirable to take responsibility and work real hard to provide well for the family? We still need to take it in moderation. Too much and it will minimize the quality of life, relationships and health -- because every waking moment is just spent working! It is the goal of this book to help balance your work life and ensure you don t go overboard. It s understandable and commendable to take care of business but as long as you are not in absolute control -- as much as drug addicts are not really in control of their addictions to their vices, cigarettes, drugs, alcohol or spending every waking moment at work? It is a problem! Overlooked, underestimated, but a problem nonetheless.



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