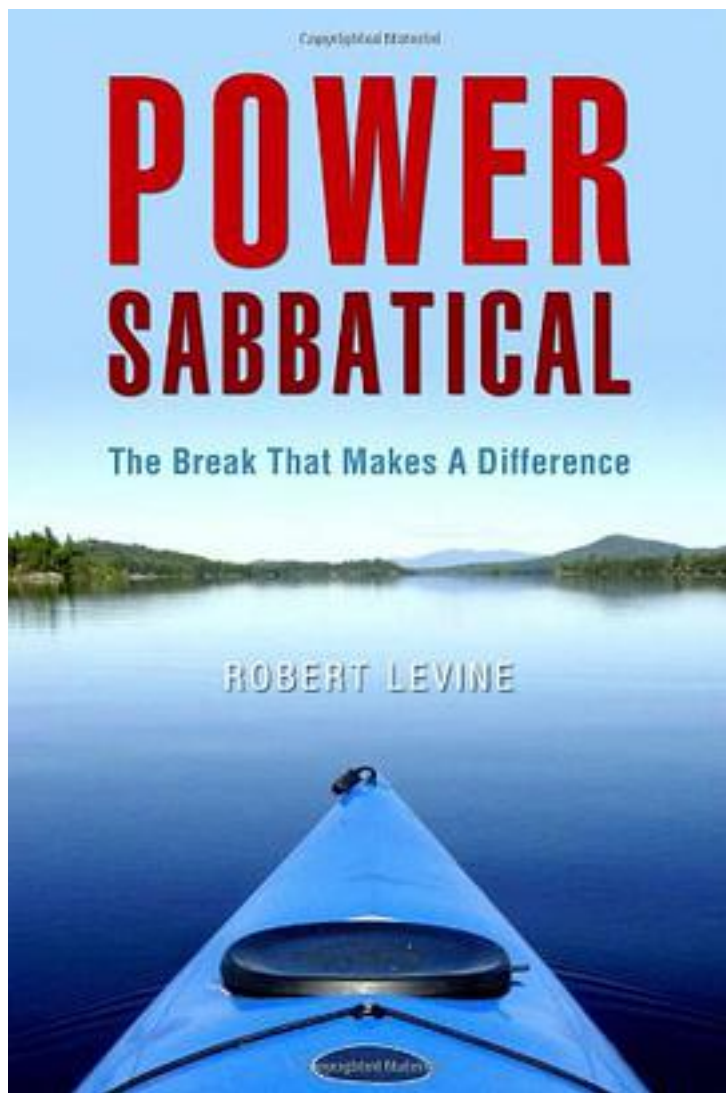


Power Sabbatical



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著者:Levine, Robert

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New technologies and workplace pressures have extended our working days, reduced our time off, and disconnected us from our communities and societies - leading us to live our lives by rote. Traditional "cures" for work-life imbalance, stress, boredom, and career stagnation don't work. Vacations are too short for rest and renewal, offering but a glimpse into a world of new possibilities and beginnings. Night classes promote career growth but at the expense of stress levels and free time. Stress-reduction techniques and medication may address the symptoms of the problem but rarely the causes. Even common "work-life" solutions involving flexible working arrangements do not go far enough. The solution to many of these problems is a planned, focused, extended break from everyday life and work - a sabbatical. This book shows how to harness the power of the sabbatical in a way that actually can enhance career and earnings prospects along with personal and spiritual factors.

作者介绍:

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