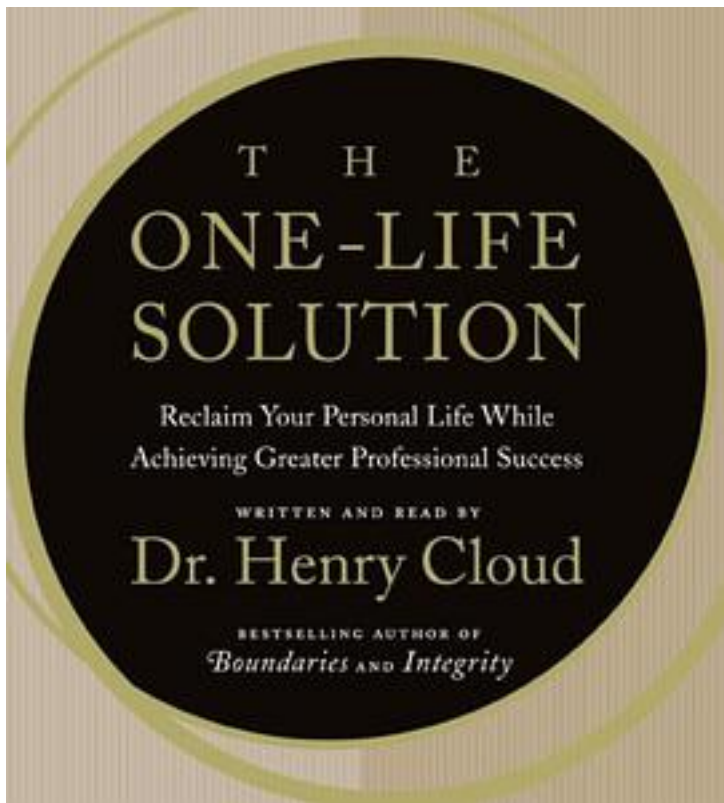


The One-Life Solution CD



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Do you feel that if you could get rid of some of the chaos in your work life, you could take your performance to a greater level? Do you stay late at the office many nights, or check your BlackBerry when you don't? Do you have difficulty dealing with cantankerous bosses or passive-aggressive coworkers? If you've answered yes, your performance is suffering and your work life has taken over your personal life. In *The One-Life Solution*, bestselling author Dr. Henry Cloud examines the workplace. Through engaging real-world examples, Dr. Cloud shows us how to construct and

enforce better boundaries against the technological devices, bullying bosses, and distracting coworkers who invade our time and space. Dr. Cloud provides invaluable strategies and scripts for moving toward a more unified, coherent sense of self and a life that fully encompasses work, family, and spirituality. In a clear, conversational voice, he will help you develop the ability to: improve your performance at the workplace and outside it set limits when needed communicate effectively By starting to do what's best for you, you'll find the key to living the one happy, fulfilling life that only you can live.

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