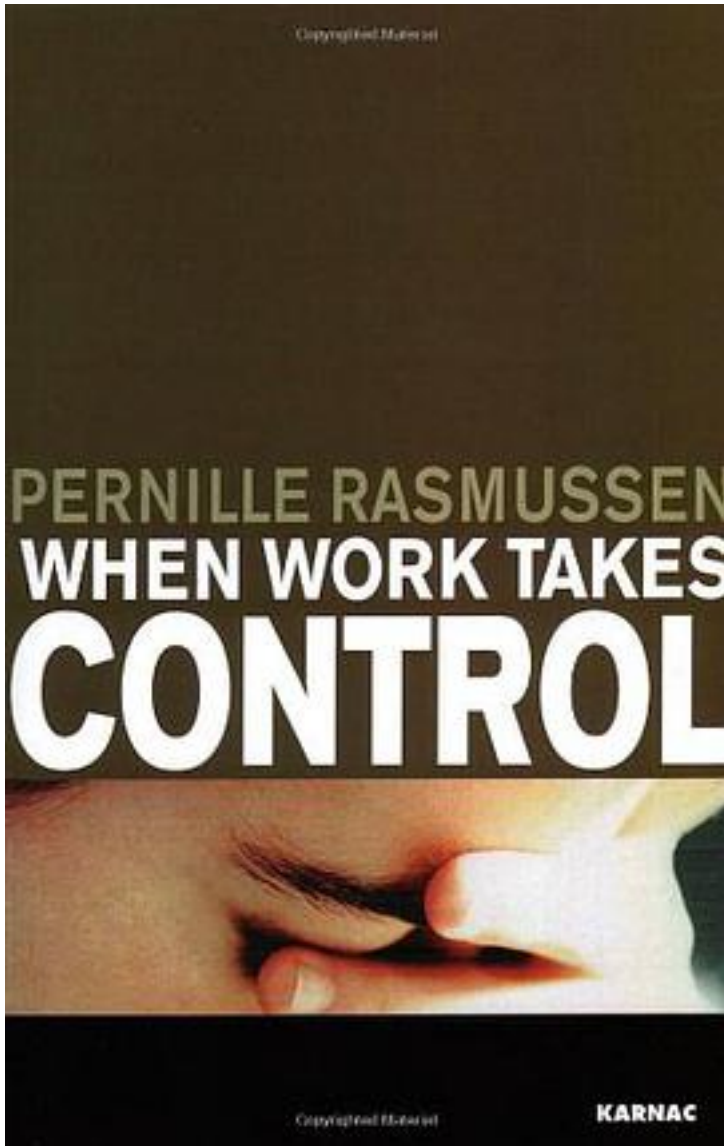


# When Work Takes Control



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Work has always meant survival of the human race - a necessary and important part of our lives. Today it is no longer necessary-as it was in former times-that we work all day long, yet we still live in an age when work, mentally and in terms of time, is a big part of our lives. Most people know what it means to be up to one's neck in work, and having to work overtime during a busy period at work. Suddenly a large number of tasks have to be solved, a deadline has to be kept, or a certain project demands a lot of time. Many people may also have experienced their work taking control of them, and all of a sudden you felt like there was no time for anything else. In a simple language the author introduces us to the work addiction which many of us have come into contact with, and she describes what signs to be aware of and what you should do if work has taken control of you, your friend, your colleague, or your partner. The book describes how to define work addiction, who is most likely to be afflicted by it, and how it shows itself. The book also pinpoints the different causes of work addiction and the consequences it can have for the individual, for the family, and for the workplace. Stress, one of the problems connected with work addiction is also discussed. The book serves as an introduction to an, as yet, rather unexplored area, and it speaks to people who work professionally with working environments, and people who have themselves experienced, or know of people who have experienced how work took control of their lives.

作者介绍:

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