



Beyond Juggling- Rebalancing Your Busy Life (Paperback)

By Kathy Buckner

BERRETT-KOEHLER, United States, 2002. Paperback. Condition: New. Language: English . Brand New Book. If you're one of the millions of people who are feeling overcommitted, overworked, and overtired, you've probably already learned that you can't juggle your way to a balanced life. With ever-increasing demands at work and at home, juggling only leads to exhaustion and frustration. Beyond Juggling presents five alternative strategies--Alternating, Outsourcing, Bundling, Techflexing, and Simplifying--that don't require either hyperactive time management or drastic career downshifting. Instead, it offers a collection of tools to help you craft a realistic rebalancing plan, tailored to your life needs and career situation. Extremely practical, Beyond Juggling details the five strategies, explains the rewards and drawbacks associated with each, and provides real-life case studies of people who have used each method successfully to rebalance their lives. Using the self-assessment instrument included in the book, you'll be able to pinpoint the work-life strategy (or strategies) you are currently using. Additional quizzes and checklists will help you take steps to reduce the dissonance between your professional and personal lives and achieve more of the balance you crave.



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