



Workjockey: Work Less, Live More and Be Happy (Paperback)

By Sam Slay

Thomas Noble Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are You Overstressed, Overworked, and Overwhelmed? In today's uncertain economy many people believe that the best way to survive and thrive is to put your head down and work harder. However, that approach will harm your health, relationships, and your career progress. Instead, become a WorkJockey(R) and learn to work less, live more, accomplish more, and be happier. Author Sam Slay found himself stressed out, in poor health, and divorced after devoting all his time to growing his career in law enforcement. He began a thorough search to find a new way to make his career support his life instead of giving all his energy to his work. Sam discovered techniques that helped him thrive as a detective and chief of police. He became a WorkJockey(R) and enjoyed both a satisfying career in a stressful environment and a great life outside of work. In this quick and easy read, Slay shares his WorkJockey(R) principles to help you ride out the stress of your career. Applicable to any industry, these timeless tools will show you how to have it all, and more importantly,...

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