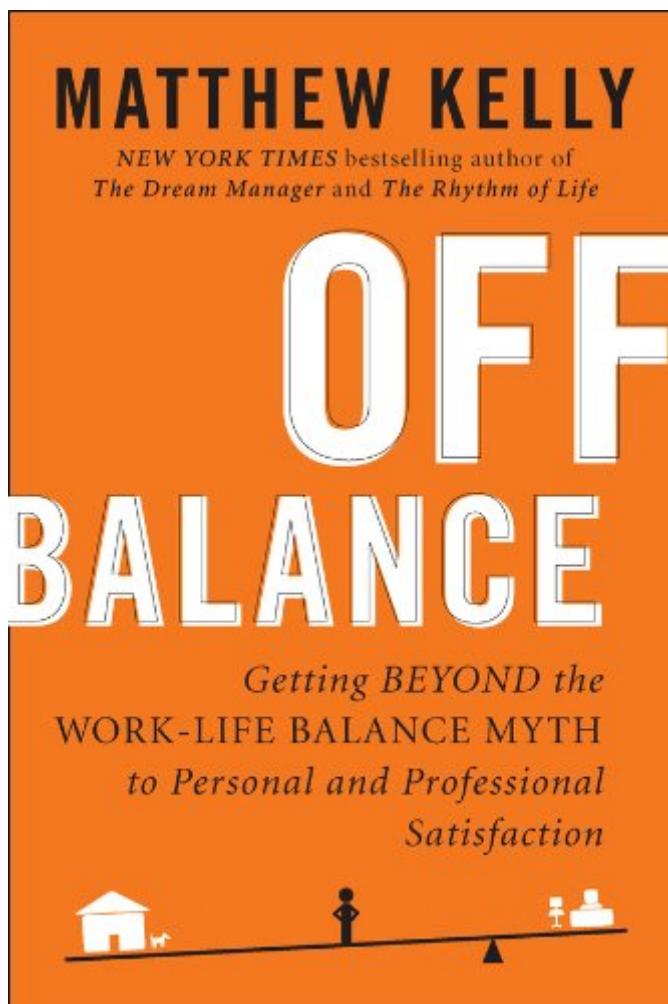


The book was found

Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfaction



Synopsis

The prescriptive follow-up to the New York Times bestseller The Dream Manager. One of the major issues in our lives today is work-life balance. Everyone wants it; no one has it. But Matthew Kelly believes that work-life balance was a mistake from the start. Because we don't really want balance. We want satisfaction. Kelly lays out the system he uses with his clients, his team, and himself to find deep, long-term satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He shows us how to cultivate the energy that will give us enough battery power for everything we need and want to do. And finally, in five clear steps, he shows us how to use his Personal & Professional Satisfaction System to establish and honor our biggest priorities, even if we spend a lot more time on some of the lesser ones.

Book Information

File Size: 463 KB

Print Length: 160 pages

Page Numbers Source ISBN: 159463081X

Publisher: Avery; 1 edition (September 15, 2011)

Publication Date: September 15, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B0052RDIXW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #343,594 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

in Books > Business & Money > Business Culture > Work Life Balance #844 in Kindle Store >

Kindle eBooks > Business & Money > Business Life > Personal Success #943 in Kindle Store >

Whispersync for Voice > Education & Reference

Customer Reviews

Best part is how to define what a great day looks like. This book will help you identify the practices that lead to happiness, whether you're working your tail off or goofing off.

An honest appraisal of our current culture and its influence on our perception of the need for "balance". In a Christian version of Stephen Covey, Matthew Kelly helps break down how to achieve the satisfaction that we really seek.

This book, along with a couple of others I've read since the start of the new year, have truly been life changing! Because I have a very hectic schedule, and was recognizing at the close of 2012 that some changes were in order, I purchased this book for guidance in prioritizing. It did just that, and much more! I've been able to clear my plate of several long-term commitments in order to assess where my focus needs to be. I've also been able to develop new habits that may not be what I feel like doing, but are what is best. The seemingly elementary principal about the difference between pleasure and satisfaction was life altering for me. I'm thankful for the excellent truths in this book and the strategies for maximizing life choices.

Matthew Kelly has nailed it right on the head with his newest book; Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction. He clearly articulates what we have all discovered on one level or another...that the quest for work-life balance in corporate America over the past twenty years or so has NOT led to increased levels of happiness. And that in the end, what we are all seeking is to have SATISFYING lives personally and professionally) NOT just balanced lives. Advancing the idea that in order to achieve satisfaction, one must take a STRATEGIC approach to their life, Mr. Kelly brilliantly correlates the assessment, planning and measurement systems that he has seen in the best companies in the world to the kind of approach we should consider when it comes to our own lives. Early in the book, Mr. Kelly clearly states the promise of the book: "...that you can be the architect of a life that is both personally and professionally satisfying." His simple, straightforward approach, along with some very useful exercises for thinking strategically about our lives makes this book a great read, and a must-have life planning tool.

Good book. Better than expected condition. Arrived faster than expected also.

Very easy read. Matthew Kelly takes on a huge topic and breaks it into manageable parts so that you can tackle small pieces of the puzzle. Many real life examples are used to help illuminate a situation. Due to its simplicity you end up taking small steps yourself in the beginning stages of

"change."

Originally got this from the library, went out and bought my own. His premise of replacing "balance" with "satisfaction" resonates with me because it is not about time, it is about satisfaction.

Matthew was spot on about debunking the notion that work and life ought to be in balance. His thesis was plausible and he gave some tools to back up his position.

[Download to continue reading...](#)

Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction
Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction
The Myth of Balance: Thriving in the Tension of Ministry, Work, and Life Off Grid Solar: A handbook for Photovoltaics with Lead-Acid or Lithium-Ion batteries Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) The Gig Economy: The Complete Guide to Getting Better Work, Taking More Time Off, and Financing the Life You Want Thank God It's Wednesday: The Business Professional's Guide To Realizing Purpose, Passion and Life/Work Balance Winning Personal Injury Cases: A Personal Injury Lawyerâ™s Guide to Compensation in Personal Injury Litigation ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam Getting It Printed: How to Work With Printers and Graphic Imaging Services to Assure Quality, Stay on Schedule and Control Costs (Getting It Printed) 4th Edition Gods of Sun and Sacrifice: Aztec & Maya Myth (Myth and Mankind) Step-by-Step Medical Coding 2017 Edition - Text, Workbook, 2017 ICD-10-CM for Physicians Professional Edition, 2017 HCPCS Professional Edition and AMA 2017 CPT Professional Edition Package, 1e 2016 ICD-10-CM Physician Professional Edition (Spiral bound), 2016 HCPCS Professional Edition and AMA 2016 CPT Professional Edition Package, 1e Myth and Religion in Mircea Eliade (Theorists of Myth) Legends of Chivalry: Medieval Myth (Myth and Mankind) CPT 2016 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) CPT 2013 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) CPT 2014 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Cpt / Current Procedural Terminology (Professional Edition)) CPT 2010 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional) Beyond Work-Family Balance: Advancing

Gender Equity and Workplace Performance

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)