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Cali Williams Yost

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Work + Life Cali Williams Yost
The empowering new 3-step guide to combining work and life strategically, creatively, and successfully.

The message is simple: Work doesn't have to be all or nothing. There are countless combinations of balancing work and life between these extremes. People can establish boundaries and change the way work fits into their lives, in a way that's good for employees and employers.

Work+Life provides the tools to adjust the "work" portion of life in order to have more time and/or energy for personal responsibilities and interests. Even a small change can make a big difference. Industry expert Cali Yost has been working with people on all sides of the issue: employees and managers at companies such as General Electric/NBC, Ortho-McNeil Pharmaceuticals, and Ernst & Young, and EAPs nationwide that help companies help their employees. They all say the same thing--*Work+Life* is the missing piece of the puzzle, providing readers with invaluable work life balance tips and putting them on the cutting edge of the workplace revolution.

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