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## Life and Work Express

By David Firth

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Life and Work Express, David Firth, This title offers a fast track route to getting your life-work balance right. It covers all the key aspects of the work-home-self triangle, from knowing when and how to say 'no' and trusting your intuition to setting compelling goals and loose boundaries. It is packed with lessons and tips from well balanced companies, including SAS, Ernst & Young and Capital One, and ideas from life-work gurus, such as Daryl Conner, Charles Handy, Richard Pascale and Ed Schein. It includes a glossary of key concepts and a comprehensive resources guide. "ExpressExec" is a unique business resource of one hundred books. These books present the best current thinking and span the entire range of contemporary business practice. Each book gives you the key concepts behind the subject and the techniques to implement the ideas effectively, together with lessons from benchmark companies and ideas from the world's smartest thinkers. "ExpressExec" is organised into ten core subject areas making it easy to find the information you need: Innovation; Enterprise; Strategy; Marketing; Finance; Operations and Technology; Organizations; Leading; People; and Life and Work. "ExpressExec" is a perfect learning...



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