

<<Work to Live (平装)>>

图书基本信息

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内容概要

在线阅读本书

Why do Americans' vacations range from "none" to "not much" when other industrialized nations mandate breaks of four to six weeks or more? More importantly, what can you do about it? The founder of the Work to Live Campaign strives to set all Americans on the path towards a happy, healthy balance between work and life-and in this lively book, he offers tips on...

- &#x80; Breaking out of the burnout trap
- &#x80; Increasing vacation time (it can be done!)
- &#x80; Working fewer hours
- &#x80; Dumping that work guilt
- &#x80; and Getting a Life!

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