



## Leading the Life You Want: Skills for Integrating Work and Life

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By Stewart D. Friedman

Harvard Business Review Press. Hardback. Book Condition: new. BRAND NEW, Leading the Life You Want: Skills for Integrating Work and Life, Stewart D. Friedman, A Wall Street Journal Bestseller "For nearly thirty years, my life's work has been to help people like you find ways to bring the often warring aspects of life into greater harmony." -- Stew Friedman, from Leading the Life You Want You're busy trying to lead a "full" life. But does it really feel full--or are you stretched too thin? Enter Stew Friedman, Wharton professor, adviser to leaders across the globe, and passionate advocate of replacing the misguided metaphor of "work/life balance" with something more realistic and sustainable. If you're seeking "balance" you'll never achieve it, argues Friedman. The idea that "work" competes with "life" ignores the more nuanced reality of our humanity--the interaction of four domains: work, home, community, and the private self. The goal is to create harmony among them instead of thinking only in terms of trade-offs. It can be done. Building on his national bestseller, Total Leadership, and on decades of research, teaching, and practice as both consultant and senior executive, Friedman identifies the critical skills for integrating work and the rest...



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