



The First Six Steps to Personal and Professional Balance: Your Personal Guide through the Dynamic Process

Katianna A Pihakari

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The number of hours in a day is fixed, but the quality of life available to you within those hours is unlimited. The First Six Steps to Personal and Professional Balance is your personal guidebook to a further balanced and improved you. The discussion focuses on six core topics that will reduce your stress, improve your time management skills and provide further balance in your daily activities both on and off the job. The practical approach includes exercises to support you in your journey to the new level of joy and balance.

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