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Balanced Effectiveness at Work: How to Enjoy the Fruits of Your Labor without Driving Yourself Nuts

Flip Brown

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"If you're interested in living a more fulfilling life, Flip offers a wealth of information, strategies and techniques to do just that."

– Dr. Mark Albion, *New York Times* bestselling author of *Making a Life, Making a Living*

BALANCED EFFECTIVENESS AT WORK



**How to enjoy the fruits of your labor
without driving yourself nuts**

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Flip Brown : Balanced Effectiveness at Work: How to Enjoy the Fruits of Your Labor without Driving Yourself Nuts before purchasing it in order to gage whether or not it would be worth my time, and all praised *Balanced Effectiveness at Work: How to Enjoy the Fruits of Your Labor without Driving Yourself Nuts*:

Balanced Effectiveness at Work: How to Enjoy the Fruits of Your Labor Without Driving Yourself Nuts is a resiliency manual for anyone who works for a living. Within each chapter there are conceptual definitions, sample scenarios, frank assessments, "Flip's Tips," action plans for real traction, and positive reinforcement. The book addresses the chronic dissatisfaction that comes from being in a crazy-paced, priority-confusing, soul-sapping workplace. With a light-hearted but in-depth look at twenty-four wide-ranging topics, presented in a unique news-you-can-use format, it will provide you with real options, helpful resources, and renewed optimism.