

(Download ebook) How to Create a Healthy Home Business

How to Create a Healthy Home Business

Anthony Ekanem

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



+

READ ONLINE

2016-06-26 2016-06-26 File Name: B01LZ0NZ41 | File size: 23.Mb

Anthony Ekanem : How to Create a Healthy Home Business before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Create a Healthy Home Business:

If you run a business from home, then it's important to recognize that it's going to mean living a completely different lifestyle from the majority of people you know. Not having a commute in the morning, not spending all day sitting in an office and being able to generally create your own working hours puts you on an entirely different page from most

people you'll know. For the most part, this is a good thing. Being able to set your working hours, to dictate the way you work and when you work and getting to spend time doing something you love can all contribute to a much happier and healthier lifestyle on the whole. In fact, it's a starting point for improving overall health. At the same time though, this type of lifestyle also brings with it its own challenges. And because very few people live the same lifestyle you do, that means you're going to be somewhat 'on your own' when it comes to finding advice on how to manage this work-life balance. Here's the long and the short of it: being self-employed and working from home gives you the freedom to begin your own 'lifestyle design'. This is pretty much the way things are moving and is likely the future of working. Technology is making it possible for us to work remotely in more and more industries and more and more roles. The benefits of this kind of work drastically outweigh the cons ndash; for both the employee and employer ndash; and so the traditional office may soon become a rarity rather than the norm. That means the emphasis is on increasingly more of us to look after our own health and work-life balance. This book will help you to do just that.

About the Author Anthony Ekanem is a researcher and professional writer. His areas of research interest include but not limited to business, finance, investment, family, health and relationship. His published books, which are available in print, electronic and audio formats, can be purchased online in major online bookstores worldwide. His educational background in Management has given him a broad base from which to approach many topics.