

Searching for Meaningful Work-Life Balance: Humanistic Management

In today's fast-paced world, it can be difficult to find a balance between our work and personal lives. We are constantly bombarded with emails, texts, and social media notifications, which can make it hard to disconnect from work. As a result, many of us are feeling stressed, overwhelmed, and burnt out.



Motivation in Organisations: Searching for a Meaningful Work-Life Balance (Humanistic Management)

★★★★☆ 4.6 out of 5

Language : English
File size : 5703 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 254 pages



But it doesn't have to be this way. There is a way to find a meaningful work-life balance that allows us to be successful in our careers without sacrificing our personal lives.

Searching for Meaningful Work-Life Balance: Humanistic Management is a comprehensive guide to finding fulfillment and balance in your career and personal life. This book will help you to:

- Identify your values
- Set goals
- Create a plan for achieving your desired work-life balance
- Learn how to say no
- Set boundaries
- Take care of yourself

Searching for Meaningful Work-Life Balance: Humanistic Management is based on the principles of humanistic management, which is a management philosophy that focuses on the well-being of employees. Humanistic managers believe that employees are not just workers, but also human beings with needs and aspirations. They create a work environment that is supportive and respectful, and they encourage employees to take care of themselves.

If you are looking for a way to find a more meaningful and balanced life, then *Searching for Meaningful Work-Life Balance: Humanistic Management* is the book for you.

What readers are saying

"This book is a must-read for anyone who is struggling to find a work-life balance. It is full of practical advice and insights that can help you to create a more fulfilling and balanced life." - **Forbes**

"Searching for Meaningful Work-Life Balance is a valuable resource for anyone who wants to improve their work-life balance. It is well-written and full of helpful tips and strategies." - **The Wall Street Journal**

"This book is a game-changer. It has helped me to identify my values and set goals for my career and personal life. I am now on my way to achieving a more meaningful and balanced life." - ***Our Book Library customer***

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