

Stop Overworking Yourself to Death!

Workaholic's Rehab



Workaholics Rehab Overworking Yourself Death

Bryan E. Robinson



Workaholics Rehab Overworking Yourself Death:

Workaholic's Rehab Trevor Hawkins, 2015-12-28 Admittedly the most common problem in today's workforce is too many are too lazy to move their butts and work. In some respects being workaholic is an admirable trait. But as with anything in life even the good becomes a negative when uncontrolled. Although it is admirable to take responsibility and work real hard to provide well for the family we still need to take it in moderation. Too much and it will minimize the quality of life, relationships and health because every waking moment is just spent working. It is the goal of this book to help balance your work life and ensure you don't go overboard. It is understandable and commendable to take care of business but as long as you are not in absolute control as much as drug addicts are not really in control of their addictions to their vices cigarettes, drugs, alcohol or spending every waking moment at work. It is a problem overlooked, underestimated but a problem nonetheless. **Working Ourselves to Death** Diane Fassel, 1992-01-01 **Working Ourselves to Death** Diane Fassel, 1993 The author of *The Addictive Organization* draws the line between hard work and work addiction in this fascinating study which pinpoints the psychological and sometimes life threatening dangers of workaholism from the perspective of the cleanest of all addictions. *San Francisco Chronicle* Chained to the Desk (Second Edition) Bryan E. Robinson, 2007-10-01 As seen on 20/20, The Early Show and ABC World News Tonight Americans love a hard worker. The man or woman who works eighteen hour days and eats his or her meals on the run between appointments is usually viewed with a combination of respect and awe. But for many this lifestyle leads to family problems, a decline in work productivity and ultimately to physical and mental collapse. *Chained to the Desk* best selling author and widely respected family therapist Bryan E. Robinson's groundbreaking book originally published in 1998 was the first comprehensive portrait of the workaholic. Thousands benefited from this innovative book which profiles the myths behind this greatly misunderstood disorder and the inner psychological battle that work addicts wage against themselves. Intended for anyone touched by what Robinson calls the best dressed problem of the twenty first century the author also provides an inside look into the impact on those who live and work with them: partners, spouses, children and colleagues as well as the appropriate techniques for clinicians who treat them. In this new and updated edition Robinson portrays the many different kinds of workaholism drawing on hundreds of case reports from his own original research and years of clinical practice. From California to the Carolinas men and women tell of their agonizing bouts with workaholism and the devastations left in its wake. Struggles made all the more challenging in a world where the computer, cell phone and Blackberry allow twenty four hour access to the office even on weekends and from vacation spots. Adult children of workaholics describe their childhood pain and the lifelong legacies they still carry and the spouses or partners of workaholics reveal the isolation and loneliness of their vacant relationships. Employers and business colleagues discuss the cost to the company when workaholism dominates the workplace. *Chained to the Desk* both counsels and consoles. It provides a step by step guide to help readers spot workaholism, understand it and recover. Robinson presents strategies for workaholics and

their loved ones on how to cope and for people in the workplace on how to distinguish between work efficiency and workaholism **Chained to the Desk (Third Edition)** Bryan E. Robinson, 2014-02-21 In this edition is the amazing depth of understanding we've come to expect from Robinson on the topic of work addiction Gayle Porter Professor of Management Rutgers The State University of New Jersey Comprehensive and highly impressive A great read Dr Kristin Neff author of *Self Compassion* A rich comprehensive understanding of how workaholism is taking an insidious toll on our lives individually and collectively Tony Schwartz author of *Be Excellent at Anything* A sober voice in a work delirious culture Dr Patricia Love author of *How to Improve Your Marriage without Talking about It* Workaholics Barbara Killinger, 1992 In her bestselling book Dr Barbara Killinger sheds new light on the emotional make up of the workaholic and offers practical strategies to restore inner balance and gain quality of life From Death Do I Part Amy Lee Coy, 2010 *From Death Do I Part* How I Freed Myself From Addiction is written for all addicts and their loved ones but especially for those who have not been helped by Alcoholics Anonymous or drug and alcohol rehab facilities *From Death Do I Part* is an intimate exposure of Amy Lee Coy's courageous journey through recovery from over 20 years of substance abuse without the aid of conventional methods such as AA psychiatry or medication In *From Death Do I Part* Amy shares with us her recovery process in such a way that not only is the reader engaged in her often gripping always revealing stories but they are also warmly invited into her healing process so that if they also struggle with addiction they may learn to heal themselves as well **Workaholics Anonymous Book of Recovery**, 2018-12-29 The *Workaholics Anonymous Book of Recovery* includes 20 questions to assess the traits of workaholism members stories of experience strength and hope a format for WA meetings and a review of the Twelve Steps of WA It is published for workaholics by workaholics **Workaholics** M Machlowitz, 1980-01-21 *Workaholics, Make Laziness Work for You* Wayne Edward Oates, 1979-10-01

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Table of Contents Workaholics Rehab Overworking Yourself Death

1. Understanding the eBook Workaholics Rehab Overworking Yourself Death
 - The Rise of Digital Reading Workaholics Rehab Overworking Yourself Death
 - Advantages of eBooks Over Traditional Books
2. Identifying Workaholics Rehab Overworking Yourself Death
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Workaholics Rehab Overworking Yourself Death
 - User-Friendly Interface
4. Exploring eBook Recommendations from Workaholics Rehab Overworking Yourself Death
 - Personalized Recommendations
 - Workaholics Rehab Overworking Yourself Death User Reviews and Ratings
 - Workaholics Rehab Overworking Yourself Death and Bestseller Lists
5. Accessing Workaholics Rehab Overworking Yourself Death Free and Paid eBooks
 - Workaholics Rehab Overworking Yourself Death Public Domain eBooks
 - Workaholics Rehab Overworking Yourself Death eBook Subscription Services
 - Workaholics Rehab Overworking Yourself Death Budget-Friendly Options
6. Navigating Workaholics Rehab Overworking Yourself Death eBook Formats

- ePub, PDF, MOBI, and More
- Workaholics Rehab Overworking Yourself Death Compatibility with Devices
- Workaholics Rehab Overworking Yourself Death Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Workaholics Rehab Overworking Yourself Death
 - Highlighting and Note-Taking Workaholics Rehab Overworking Yourself Death
 - Interactive Elements Workaholics Rehab Overworking Yourself Death
- 8. Staying Engaged with Workaholics Rehab Overworking Yourself Death
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Workaholics Rehab Overworking Yourself Death
- 9. Balancing eBooks and Physical Books Workaholics Rehab Overworking Yourself Death
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Workaholics Rehab Overworking Yourself Death
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Workaholics Rehab Overworking Yourself Death
 - Setting Reading Goals Workaholics Rehab Overworking Yourself Death
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Workaholics Rehab Overworking Yourself Death
 - Fact-Checking eBook Content of Workaholics Rehab Overworking Yourself Death
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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