

Title	Off Balance Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction
Author	Matthew Kelly
Source	HUDSON STREET PRESS
Pub Date	2011
Brief Introduction	<p>The research upon which this book is based shows overwhelmingly that people want satisfaction much more than they want balance. And yet, one of the dominant topics in the area of personal and professional development for the past twenty years has been work-life balance.</p> <p>Off Balance is more than just a book. It presents a system that Matthew Kelly uses with his Fortune 500 clients, his team, and himself to drive increasing levels of satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He teaches us how to cultivate energy so that we have plenty left for our passions when we are finished fulfilling our responsibilities. And finally, in five clear steps, he shows us how to use his Personal and Professional Satisfaction System to establish our priorities and honor them even when we feel pulled in a hundred different directions.</p> <p>The beautiful thing about satisfaction is that you know when you have it, and you know when you don't. Do you have it? Short, insightful, and life-changing, Off Balance gives us all the tools we need to go to sleep every night knowing who we are, what matters most, and that our lives make sense.</p>