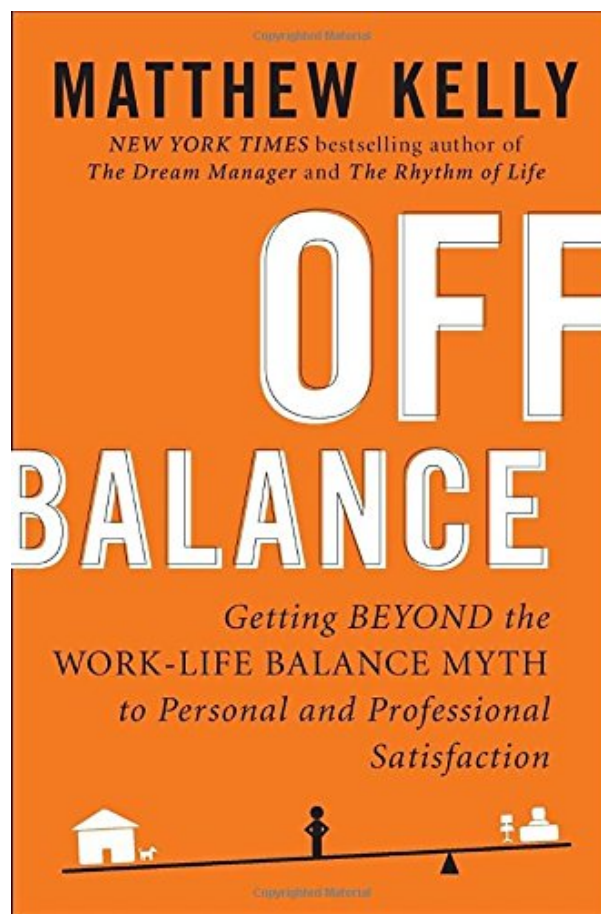
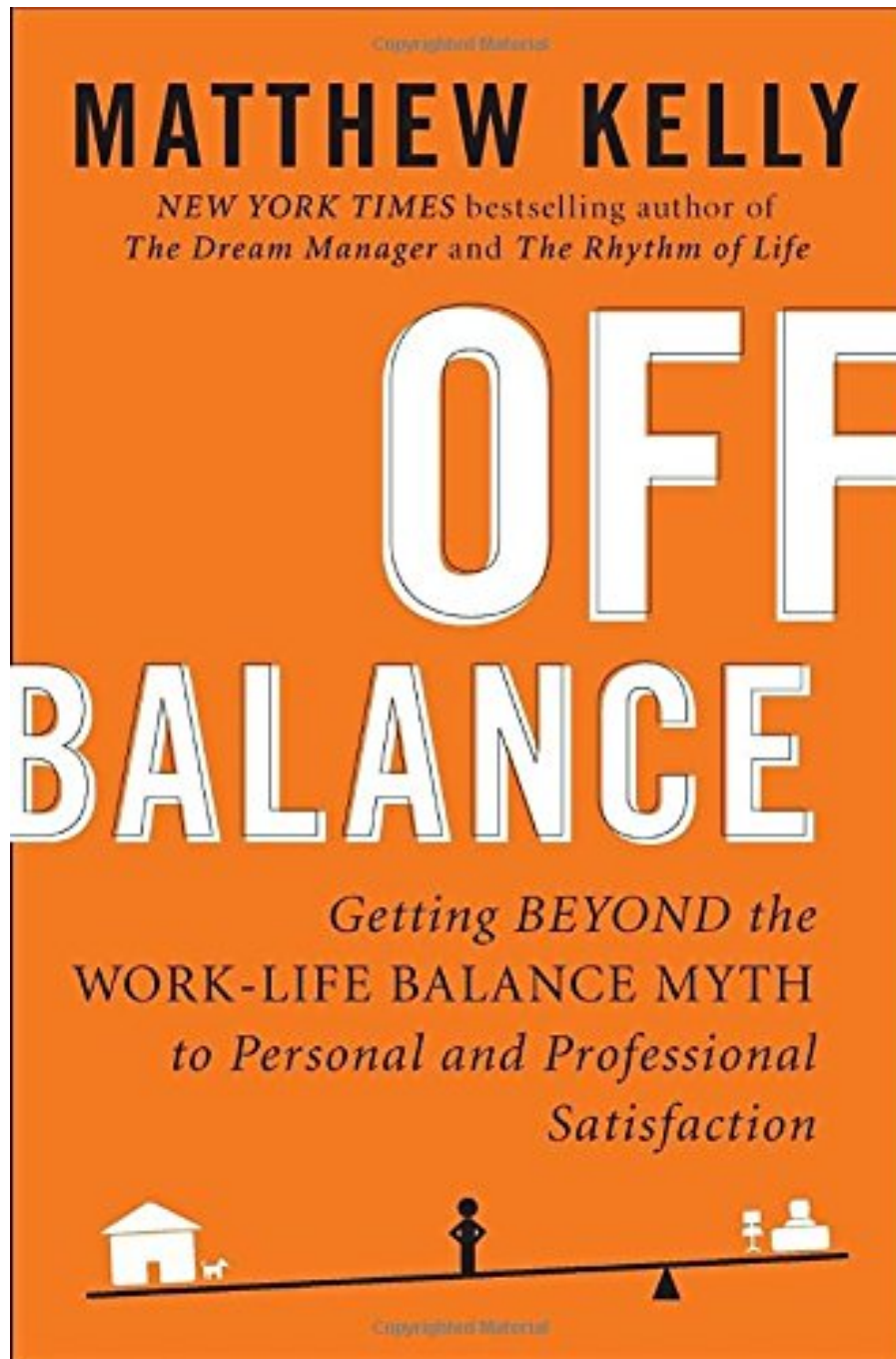


**OFF BALANCE: GETTING BEYOND THE
WORK-LIFE BALANCE MYTH TO
PERSONAL AND PROFESSIONAL
SATISFACTION BY MATTHEW KELLY**



**DOWNLOAD EBOOK : OFF BALANCE: GETTING BEYOND THE WORK-LIFE
BALANCE MYTH TO PERSONAL AND PROFESSIONAL SATISFACTION BY
MATTHEW KELLY PDF**





Click link bellow and free register to download ebook:
**OFF BALANCE: GETTING BEYOND THE WORK-LIFE BALANCE MYTH TO PERSONAL
AND PROFESSIONAL SATISFACT ION BY MATTHEW KELLY**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

OFF BALANCE: GETTING BEYOND THE WORK-LIFE BALANCE MYTH TO PERSONAL AND PROFESSIONAL SATISFACTION BY MATTHEW KELLY PDF

A new experience could be gained by reviewing a book *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfaction* By Matthew Kelly. Even that is this *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfaction* By Matthew Kelly or other publication compilations. We provide this book because you can discover more things to urge your skill as well as expertise that will make you much better in your life. It will certainly be likewise valuable for individuals around you. We advise this soft file of the book right here. To know how to obtain this publication [Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfaction](#) By Matthew Kelly, find out more here.

About the Author

Matthew Kelly is an internationally acclaimed speaker and author, as well as the founder and president of Floyd Consulting. Over the past decade, he has given more than 2,500 keynote presentations and has done conventions for Fortune 500 companies, national trade associations, professional organizations, universities, churches and nonprofits. He lives in Cincinnati. Visit floydconsulting.com.

OFF BALANCE: GETTING BEYOND THE WORK-LIFE BALANCE MYTH TO PERSONAL AND PROFESSIONAL SATISFACT ION BY MATTHEW KELLY PDF

[Download: OFF BALANCE: GETTING BEYOND THE WORK-LIFE BALANCE MYTH TO PERSONAL AND PROFESSIONAL SATISFACT ION BY MATTHEW KELLY PDF](#)

Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly. Happy reading! This is what we wish to state to you who love reading so much. Just what about you that claim that reading are only commitment? Never ever mind, reading behavior should be begun from some specific factors. One of them is reviewing by commitment. As just what we intend to supply here, guide entitled Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly is not sort of required book. You could appreciate this e-book Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly to review.

For everybody, if you intend to begin accompanying others to read a book, this *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly* is much suggested. As well as you should obtain the book Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly here, in the link download that we provide. Why should be here? If you want various other type of publications, you will constantly find them and Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly Economics, national politics, social, scientific researches, religions, Fictions, and a lot more books are provided. These offered publications remain in the soft files.

Why should soft documents? As this Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly, lots of people likewise will should acquire guide quicker. However, occasionally it's up until now way to get the book Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly, even in other nation or city. So, to relieve you in discovering guides Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly that will certainly sustain you, we assist you by supplying the listings. It's not just the list. We will certainly offer the recommended book Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly link that can be downloaded and install directly. So, it will certainly not need even more times and even days to position it and also various other publications.

OFF BALANCE: GETTING BEYOND THE WORK-LIFE BALANCE MYTH TO PERSONAL AND PROFESSIONAL SATISFACTION BY MATTHEW KELLY PDF

The prescriptive follow-up to the New York Times bestseller *The Dream Manager*.

One of the major issues in our lives today is work-life balance. Everyone wants it; no one has it. But Matthew Kelly believes that work-life balance was a mistake from the start. Because we don't really want balance. We want satisfaction.

Kelly lays out the system he uses with his clients, his team, and himself to find deep, long-term satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He shows us how to cultivate the energy that will give us enough battery power for everything we need and want to do. And finally, in five clear steps, he shows us how to use his Personal & Professional Satisfaction System to establish and honor our biggest priorities, even if we spend a lot more time on some of the lesser ones.

- Sales Rank: #27254 in Books
- Published on: 2011-09-15
- Released on: 2011-09-15
- Original language: English
- Number of items: 1
- Dimensions: 8.63" h x .75" w x 5.81" l, .70 pounds
- Binding: Hardcover
- 160 pages

About the Author

Matthew Kelly is an internationally acclaimed speaker and author, as well as the founder and president of Floyd Consulting. Over the past decade, he has given more than 2,500 keynote presentations and has done conventions for Fortune 500 companies, national trade associations, professional organizations, universities, churches and nonprofits. He lives in Cincinnati. Visit floydconsulting.com.

Most helpful customer reviews

26 of 27 people found the following review helpful.

Kelly's Tonic for Realigning Work and Life with the Reality of the Human Experience

By Thomas M. Loarie

Over the past twenty-five years, there has been substantial increase in burnout due to overwork and increased stress. Workplace violence, absenteeism, and rising workers' compensation claims are used as evidence of an unhealthy work life balance. A Center for Work-Life Policy (CWLP), a "think tank," has even been created to study and research the problem of work-life balance. In one study, they found "seventy percent of US respondents and eighty-one percent of global respondents say their jobs are affecting their health."

In "Off Balance," best selling author and national acclaimed speaker, Matthew Kelly, turns the subject upside down (not just off balance) and reframes the discussion with challenging questions about the role that work plays in our life and why we should discard the theme "work-life balance" in favor of "work-life effectiveness" which results in what we all seek, the experience of satisfaction.

The popular press has conditioned us to think about "work-life balance" in a self-defeating way as they have compartmentalized work and life, setting them against one another...equating "balance" to working less. These cannot be separated.

Work is a necessary part of life and, despite popular efforts to do so, it cannot be left to stand by itself. Reality has taught us that what happens at home will affect us at work (a new baby, deaths, divorce) and what happens at work will affect us at home (promotion, termination, plant closures). Rather, a better approach would be integrating the two... and achieving "work-life effectiveness."

Kelly found that "If you ask people why they want work-life balance, they talk about things that have little or nothing to do with balance. They talk about dynamic relationships, fulfilling careers, challenging projects that engage their talents, opportunities to grow as a whole person, and pursuing their personal and professional dreams. Work-life balance as a term has become a catch-all."

Kelly's observations have led to his recommendation that we focus on achieving personal and professional satisfaction, not balance. This requires understanding what personal and professional satisfaction means to each of us; defining our dreams; assessing and categorizing our values and principles; prioritization of what is truly important for us to "become the best-version-of-yourself"; assessing where we are today; developing a system that facilitates personal accountability; and periodic reviews. In "Off Balance," Kelly provides the how: tips, templates, and self-revealing questions for each.

Kelly points out the few people have the requisite self-knowledge to set things right to experience a satisfaction filled life...and even fewer, if any, companies know how to help. "Off-Balance" is Kelly's contribution to filling this vacuum. Individuals who work at this will learn to live lives filled with satisfaction and enlightened companies who foster this will have an edge in attracting and retaining the best talent.

"Off Balance" expertly reframes the discussion of work and life and will be a tonic for those trying to align the need for satisfaction with the realities of work and life.

8 of 8 people found the following review helpful.

Powerful Indictment

By Michael P. Maslanka

This book is a powerful indictment of a myth: that happiness comes from trying to balance the personal with the professional. Floyd demolishes this idea, correctly noting that work and personal are twisted together like a pretzel. He goes further though and frames the question differently: how can we have satisfaction, not how can we have balance. He argues that satisfaction (not to be confused with getting what you want) comes through commitment to your priorities. This leads you to be the very best possible version of yourself. The book gives exercises in how to do so, and is nice and short.

9 of 10 people found the following review helpful.

A paradox for our times: One's career and personal life are separate...and inseparable

By Robert Morris

The work-life balance is an issue that has fascinated me for decades. Hence my interest in this book in which Matthew Kelly claims that, in fact, the work-life balance is a "myth" that people must "get beyond" to

achieve their personal and professional satisfaction. As he observes in the Introduction, "While the work-life balance discussion was introduced with the very best of intentions - namely, to help people deal with mounting pressures surrounding both personal and professional life in the modern world - in many ways the idea never had a chance because the term itself was fatally flawed." Kelly believes that individual destiny and organizational destiny are "intertwined." Yes, you can consider work life from personal life separately but they cannot be separated. What to do? Kelley wrote this book in response to that question.

These are a few of several dozen key points that caught my eye:

"I have come to the conclusion that people don't really need or want balance." Rather, they need and want "a satisfying experience of life." (Page x)

"The crisis of the modern world is a crisis of ideas. Ideas shape our lives and the world. Thought determines action. It would not be too soon for us to learn that ideas have very real consequences." (19)

"If it is to be sustained, our satisfaction has to be something that transcends external circumstances. It cannot be something that we put in the hands of things that are completely beyond our control." (47)

"Continuous change is now an accepted part of life and business. The waves of change are constantly crashing on the shore of our lives, but it is a well-defined value structure that allows us to thrive in the midst of the change. It is the unchanging that allows us to make sense of the change." (79)

"There are five facets to the process [of increasing the level of personal and professional satisfaction that we experience in our lives]: (1) Assessment, (2) Priorities, (3) Core Habits, (4) Weekly Strategy Session, and (5) Quarterly Review. All of these are interconnected and play either a macro or micro role within the overall process. To neglect one is to tamper with the system, which always leads the system to break down." (107)

"The most important part of any system is accountability...I have noticed that most people can do something for a few days, or a few weeks, but over time they tend to slip back into old self-destructive ways. That's why we need doctors, managers, parents, leaders, role models, and mentors." (134)

The Personal and Professional Satisfaction System that Kelly explains and strongly recommends - indeed [begin italics] any [end italics] system - can only provide a framework (albeit one that is to some extent self-correcting) and its effectiveness depends almost entirely by the person who adopts it and then applies it. Viewed as a journey, the process of increasing one's level of personal and professional satisfaction is not automatic. Although the ultimate destination is certain, efforts to get there will encounter doubts, distractions, ambiguities, resistance (at least some of it self-generated), and temporary setbacks. The "balance" to which Kelly frequently refers evokes the image of a spinning gyroscope rather than an up-and-down see saw (or teeter totter) because its steady rotation is maintained amidst changes in location. A sturdy moral "compass" and a well-defined value structure ensure both proper balance and steady progress.

Years ago, Stephen Covey observed that people spend too much time on what is urgent and not enough time on what is [begin italics] important [end italics]. I agree and so does Matthew Kelley. "To lay your head on your pillow at night, knowing that who you are and what you do make sense...now, that is satisfaction." We are also well-advised to recall advice from Oscar Wilde: "Be yourself. Everyone else is taken."

See all 53 customer reviews...

OFF BALANCE: GETTING BEYOND THE WORK-LIFE BALANCE MYTH TO PERSONAL AND PROFESSIONAL SATISFACT ION BY MATTHEW KELLY PDF

Gather guide **Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly** begin with now. Yet the new means is by gathering the soft data of the book *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly* Taking the soft file can be saved or stored in computer system or in your laptop. So, it can be greater than a book *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly* that you have. The easiest means to reveal is that you can additionally conserve the soft file of *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly* in your ideal and available gizmo. This problem will certainly expect you frequently read *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly* in the leisures more than talking or gossiping. It will not make you have bad habit, yet it will lead you to have much better behavior to review book *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly*.

About the Author

Matthew Kelly is an internationally acclaimed speaker and author, as well as the founder and president of Floyd Consulting. Over the past decade, he has given more than 2,500 keynote presentations and has done conventions for Fortune 500 companies, national trade associations, professional organizations, universities, churches and nonprofits. He lives in Cincinnati. Visit floydconsulting.com.

A new experience could be gained by reviewing a book *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly* Even that is this *Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly* or other publication compilations. We provide this book because you can discover more things to urge your skill as well as expertise that will make you much better in your life. It will certainly be likewise valuable for individuals around you. We advise this soft file of the book right here. To know how to obtain this publication [Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfact Ion By Matthew Kelly](#), find out more here.