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O-SYNDROME: WHEN WORK IS 24-7 AND YOU RE NOT (PAPERBACK)

O-Syndrome When Work is 24/7 and You're Not



Theresa M. Robinson

Lachesis Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A shake-you-up, get-you-grounded, ignite-your-fighting-spirit guide to overcoming O-Syndrome If you re overworked, overstressed, overburdened, overloaded, overcommitted, over-obligated, overtired, overwhelmed, overextended, overscheduled, and just plain over it, you are very likely suffering from O-Syndrome--today s 24/7 workplace equivalent of the elephant in the room. What do you really need and want for a satisfying and fulfilling life? By asking this and other tough but...

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- Authored by Theresa Robinson
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