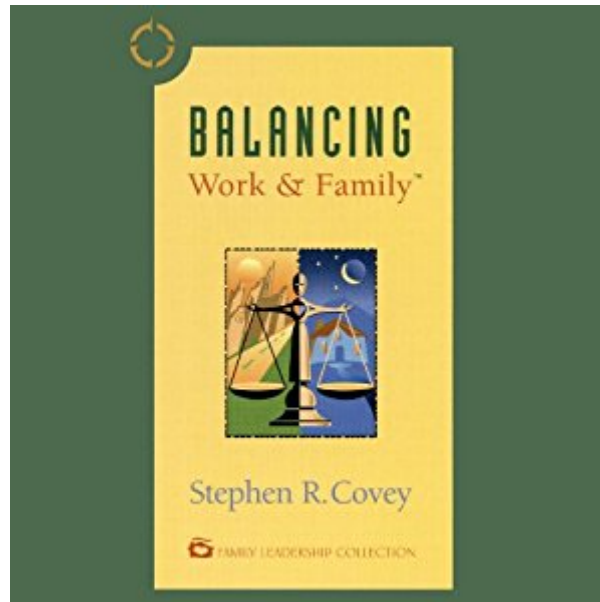




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# Balancing Work & Family



## Synopsis

This audio program is your guide for balancing and surviving the stresses of work and family. It will tell you how to make small daily changes. It will help you determine your top priorities. We have interviewed many of you to obtain the supportive suggestions you will hear on this audio. We have drawn on your wisdom as parents (more specifically, mothers and fathers), single parents, employees, and telecommuters, to successfully navigate through all the circumstances that you may face. This is an audiobook you will want to come back to often, to renew yourself and your family.

## Book Information

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