



Work-Life Balance: A Psychological Perspective

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What are the effects of conflict between home and work?

Does work stress affect those who live with you?

In the rapidly changing modern work environment, time pressures seem ever increasing and new technology allows work to be conducted any time and anywhere. These are just two of the factors that make it more and more difficult for working men and women to integrate work and home life. Consequently, there is a need for flexible and innovative solutions to manage the work-home interface.

Work-Life Balance: A Psychological Perspective presents up-to-date information on work-home issues, including the latest research findings. The book's emphasis is strongly psychological, with a focus on practical solutions, and includes chapters which deal with psychological issues such as the conflict between work and family, how work stresses may affect partners, and recovery from work. It also includes sections on legal issues, as well as examples of initiatives being implemented by leading employers. Contributors are drawn from the leading researchers in their fields and reflect the international character of the current challenges facing employers and employees.

Its practical focus and innovative approach make this an essential book for managers, HR professionals and organizational psychologists, as well as students in these disciplines. The theoretical basis and research focus mean the book will also be invaluable for researchers investigating workplace issues.

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Karon Hall:

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Charles Settles:

People live in this new morning of lifestyle always attempt to and must have the extra time or they will get wide range of stress from both way of life and work. So , if we ask do people have free time, we will say absolutely of course. People is human not really a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to you actually of course your answer can unlimited right. Then ever try this one, reading guides. It can be your alternative in spending your spare time, often the book you have read is definitely Work-Life Balance: A Psychological Perspective.

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