



## Three Legs Are Better Than One: The Truth About Work Life Balance

*Estelle Jarman*

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## **Three Legs Are Better Than One: The Truth About Work Life Balance** Estelle Jarman

Three Legs Are Better Than One reveals the truth about work life balance. It is estimated that 40 million working days a year are lost due to people feeling out of balance - some are calling it a work life balance crisis. They're mistaken. This isn't about balancing work and home life. It is about creating a balance in you - it is the balance between mind, body and spirit. This whole sorry state of affairs is not a work life balance crisis: this is mind, body, spirit crisis. And until we can begin to acknowledge this fact, we will keep on losing.



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