



# **Energizing Work: How work evolved to dominate life, and how to regain balance & abundance!**

## **(Energizing Life) (Volume 2)**

*Phil 'Philosofree' Cheney*

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*Phil 'Philosofree' Cheney*

## **Energizing Work: How work evolved to dominate life, and how to regain balance & abundance! (Energizing Life) (Volume 2) Phil 'Philosofree' Cheney**

A concise guide to understanding why work has become so dominant in Western lives, and how to regain balance, abundance, meaning and peace. Four sections lead the reader through : 1 The Things we Do - a history of evolving work character, to the current Teal paradigm, where work is a delight and adds to life purpose. 2 The Things we Are - adding self worth and purpose to your work portfolio. 3 Balancing Doing and Being - the steps towards achieving work-life balance. 4 Practical steps along the way.

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