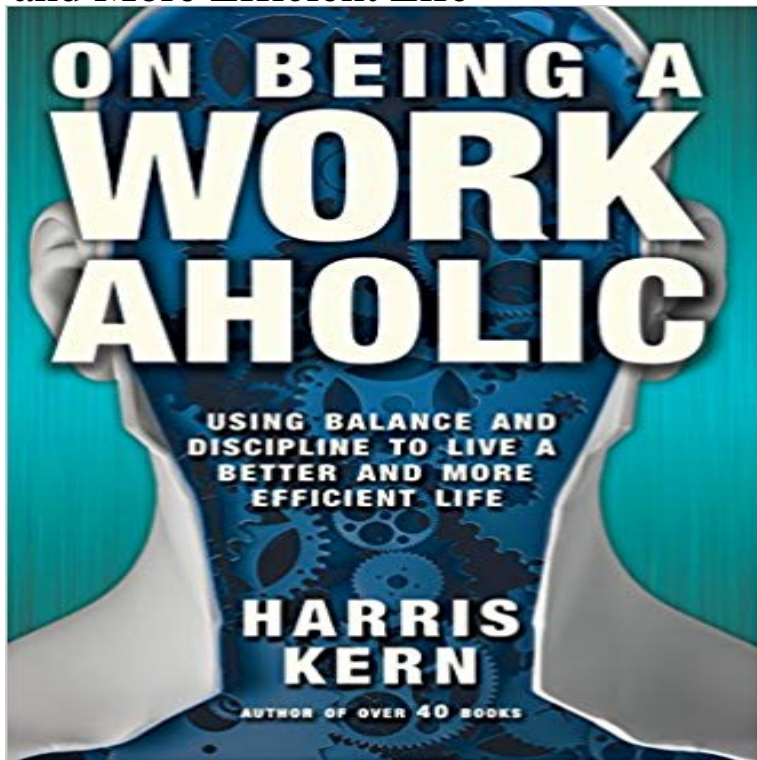


# On Being a Workaholic: Using Balance and Discipline to Live a Better and More Efficient Life



The escalating pressures of working tirelessly to put food on the table has taken a physical and emotional toll on many people. Succumbing to workaholicism has destroyed relationships and families beyond repair. On Being a Workaholic is written by the ultimate workaholic who hit rock-bottom because he failed to heed all the warning signs that his work habits were out-of-control. This timely book narrates the authors fall from the highest level of success, but more importantly provides a strategy and road map coupled with balance and discipline as key ingredients to manage your workaholicism before something catastrophic happens in your life. It can help Workaholics find peace and happiness with balance, but not lose their enormous drive for success. (Harris Kern)

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