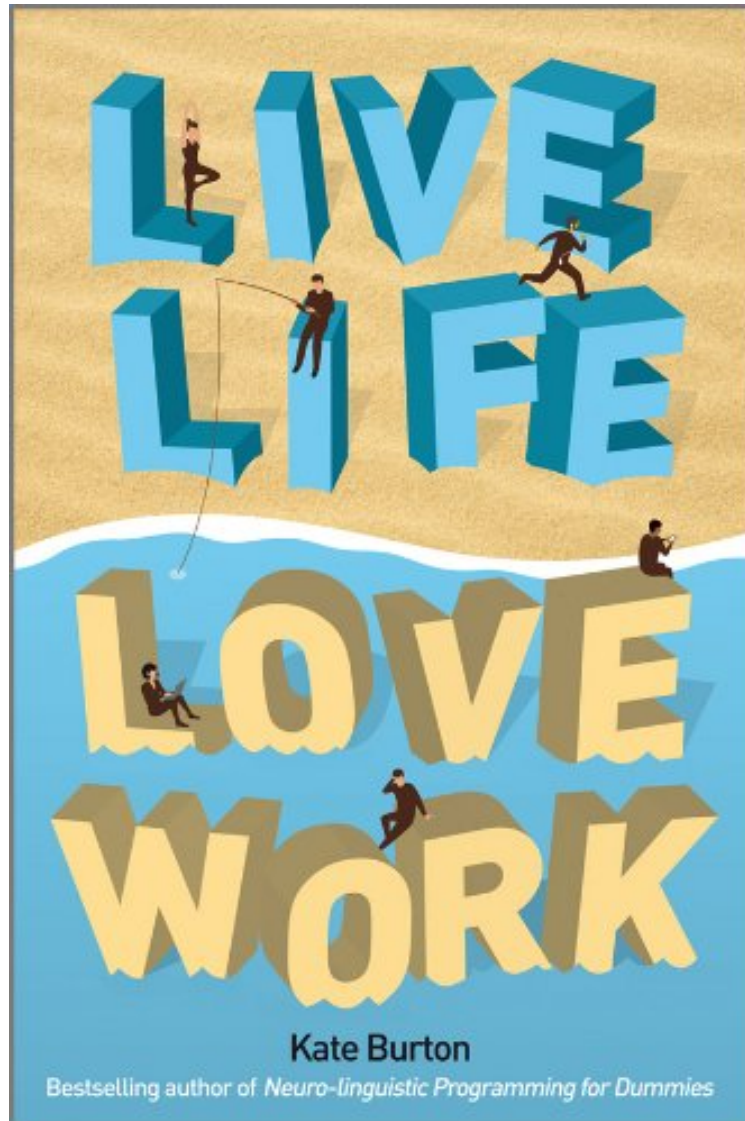


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Live Life, Love Work

Kate Burton

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Kate Burton : Live Life, Love Work before purchasing it in order to gauge whether or not it would be worth my time, and all praised Live Life, Love Work:

The secrets to reclaiming your personal life and enriching your professional life; for the overstretched, overworked, and overanxious. With the boundaries between professional and private life increasingly blurred by mobile technology, most people are simply finding it tougher to enjoy life either at home or at work. For those looking for a way out of the frustrating maze of daily life, bestselling author and respected communications coach Kate Burton

offers the keys to achieving, in both one's professional and private life, a renewed sense of ownership, possibility, and meaning. In *Live Life, Love Work*, she poses such essential questions as "Whose Life Is It Anyway?" before offering readers an inspiring "Brave Action for Change." Each step outlined in the book is linked to a discussion of one's physical, mental, inner, or spiritual world. Other books by Burton: *Personal Development All-in-One For Dummies* and *Building Confidence For Dummies*. Burton delivers custom-built corporate workshops and seminars for that boost motivation, self-awareness, communication, and health. For those interested in enriching both their personal and work life, *Live Life, Love Work* offers practical, insightful tips on how.

From the Back Cover: "There's a world of difference between making a living and having a life. Are you working too hard and forgetting to enjoy life? Balancing the demands you face every day can feel like being trapped in a frustrating maze, but there is a way out. You can take control and live the life you want to live — and love your work at the same time. Whose life is it anyway? *Live Life, Love Work* from bestselling NLP expert and coach, Kate Burton, is full of ideas for reviewing your priorities and re-charging your energy levels. With practical exercises and personal stories to fire up your imagination, you'll be inspired to create the life you want to live. Learn how to: Get the best of both worlds — fulfillment in and out of work. Reclaim ownership — be brave and take bold actions for change. Get a life you can live with — without giving up the buzz and benefits of work. "Live Life, Love Work really resonated with me. It's precisely the type of themes explored in this book that have made a difference in my career." — Steve Williams OBE, British Olympic Gold Medallist "This book demands attention. You will be inspired to take action to change your relationship with work." — Farren Drury, MBE, Director, LIW "If you need the inspiration to change your life for the better, this is the book for you." — Rosie Miller, International Executive Coach