

DOWNTIME:

Pulling the plug on contact overload

LIVING IN REAL TIME

LIVING IN REAL TIME

LIVING IN REAL TIME

TIEMPO REAL

VIDA EN TIEMPO REAL

VIDA EN TIEMPO REAL

2010



SHUT IT OFF TO PREVENT SHUTTING DOWN. Your work-life service can provide information and support for issues related to these and other topics:

- Setting realistic expectations
- Prioritizing projects and responsibilities
- Getting adequate sleep
- Working smarter, not harder

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