



Never Check E-Mail In the Morning: And Other Unexpected Strategies for Making Your Work Life Work

Julie Morgenstern

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IS IT ME OR IS IT THEM?

Maintaining control in today's hectic workplace is a challenge -- everything is lean, competitive, and uncertain. What does it take to survive?

Making Work Work is Julie Morgenstern's most important book yet. Through the mastery of brand-new strategies, Morgenstern shows you how small changes in your thinking and behavior will help you achieve the seemingly impossible -- boost your value, increase your job security, and afford you the time to still have a life.

Morgenstern has helped clients of all levels take control of their work lives in every industry: from corporations and nonprofits to government agencies and small businesses; from executives and assistants to educators and salespeople. She's learned that no matter who you are, happiness at work involves feeling appreciated, in control, successful, and in balance. And achieving that is possible.

People rarely look at their jobs from a psychological and practical perspective at the same time, but Julie Morgenstern does. This book mirrors the individual consulting services she provides by showing you how to start with yourself and then tackle the more complex external issues of working relationships and the job. For every obstacle you encounter along the way, Morgenstern diagnoses the source of the problem (is it you or them?), and with insight and warmth, she provides simple grab-and-go strategies. These are small changes anyone can make to improve performance and efficiency at work.

At its core, *Making Work Work* is about your relationship to your job. With the reliable, methodical process taught in this book, you will:

- feel less trapped and more in charge
- be able to make a bad situation better
- search for a job that's a better fit for who you are.

This is a provocative and life-changing book that will help you boost your clarity, confidence, and performance in any economic climate. With Morgenstern's guidance you can find a way to make work work.

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