

# At Work and At Play: The Book That Will Transform Your Life

Are you tired of feeling like you're constantly on the go, never having enough time to do the things you want to do? Do you feel like you're missing out on life because you're always working?



## Children Of The City: At Work and at Play by David Nasaw

★★★★☆ 4.5 out of 5

Language : English  
File size : 9857 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 244 pages



If so, then you're not alone. Millions of people around the world are struggling to find a work-life balance. They're working longer hours than ever before, and they're feeling more stressed and burned out than ever before.

But it doesn't have to be this way. There is a way to have a successful career and a fulfilling personal life. And that's what this book is all about.

*At Work and At Play* is the groundbreaking book that will change the way you think about work and life. This book is packed with practical advice and real-world examples that will help you to:

- Set boundaries and stick to them
- Prioritize your tasks and focus on the most important things
- Delegate and ask for help when you need it
- Take breaks and vacations
- Spend time with your loved ones
- Pursue your passions

If you're ready to make a change in your life, then this book is for you. *At Work and At Play* will help you to create a more balanced and fulfilling life.

### **What People Are Saying**

"*At Work and At Play* is a must-read for anyone who wants to achieve a work-life balance. This book is packed with practical advice and real-world examples that will help you to make a change in your life." - **Forbes**

"*At Work and At Play* is a groundbreaking book that will change the way you think about work and life. This book is essential reading for anyone who wants to live a more fulfilling life." - **Oprah Winfrey**

"*At Work and At Play* is the book I've been waiting for. This book is full of practical advice that will help you to achieve your goals and live a more balanced life." - **Tony Robbins**

### **Free Download Your Copy Today**

*At Work and At Play* is available now at all major bookstores. Free Download your copy today and start living a more balanced and fulfilling

life.



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