

Recovering from workaholism: From the inside out

Hawkins, Barbara

Note: This is not the actual book cover

Recovering From Workaholism From The Inside Out

Barbara Hawkins



Recovering From Workaholism From The Inside Out:

Recovering from Workaholism Barbara Hawkins, 1989

Handbook of Addiction, Recovery and Quality of Life

Maria Florence, Wouter Vanderplasschen, Mansoo Yu, Jessica De Maeyer, Shazly Savahl, 2025-01-25 This handbook brings together research and innovation across two important and related fields quality of life QoL and addiction recovery Though both fields of research are equally vibrant this volume brings together the advancing scholarly exploration of the intersection between QoL and addiction recovery It provides comprehensive coverage of the theoretical perspectives on QoL in the field of addiction and recovery instruments and methodologies to assess QoL different types of addiction in specific populations and QoL and practices and interventions for supporting recovery and promoting QoL It importantly includes international and intercultural perspectives on QoL and addiction recovery By including sound theoretical conceptual historical empirical and cross cultural contributions on QoL and addictions the volume offers many opportunities for advancing support treatment and recovery of persons with addiction problems based on their subjective perspectives and experiences This handbook is a go to resource for a wide interdisciplinary readership interested in quality of life research subjective well being public health and addiction research

Me Without I Agnes C Chawadi, 2020-11-12

If God is everywhere then God is in the ordinary happenings of everyday life and seeking God in and through daily life activities is a spiritual practice God dwells in and through each human being to shine the life and light of the universe God knows exactly what is needed to move creation to its next step and endows us with gifts needed to achieve it Through the flow of life events family relationships work hobbies interests and personality God works continually to create us anew Our call is to observe life s happenings feel their dynamism and make bold choices to live a larger life God is not remote from us He is at the point of my pen my pick my paintbrush my needle and my heart and my thoughts Pierre Teilhard de Chardin They should practice the seeking of God s presence in all things in their conversations their walks in all that they see taste hear understand and in all their actions since His Divine Majesty is truly in all things by His presence power and essence St Ignatius of Loyola 1551 The more you are in harmony with the flow of your existence the more magical life becomes Adyashanti

The Case for Grace Lee

Strobel, 2015-02-24 Join investigative journalist and bestselling author Lee Strobel as he embarks on his life changing quest to solve the riddle of grace Along the way you ll find the undeniable evidence of grace in the true stories of racists addicts and even murderers who have found new hope and purpose all through the redemptive power of God s amazing grace In The Case for Grace Lee offers an accessible explanation of the theology of God s grace shown through the incredible dramatic can t put it down stories of people whose lives were changed by the gift of grace true accounts of people whose transformation and renewal are so radical that they seem to be best explained as the work of a gracious God Lee draws upon his own journey from atheism to Christianity to explore the depth and breadth of God s redeeming love for spiritually wayward people traveling thousands of miles to capture the inspiring stories of everyday people whose values have been

radically changed and who have discovered the how and why behind God's amazing grace. Each story that Strobel shares in *The Case for Grace* contributes a piece to the puzzle of grace showing us how grace goes beyond forgiveness to acceptance and even adoption by God. How it restores hope when none is left; how it extends to the most heinous circumstances. How it allows us to forgive those who caused our most intimate wounds and even to forgive ourselves. Through it all you will be encouraged as you see how God's grace can revolutionize your life starting today.

Research Companion to Working Time and Work Addiction Ronald J. Burke, 2006. Ronald Burke has put together a collection of state-of-the-art research and writing about work hours and work addiction from around the world. This book is essential reading for academics, managers, human resource professionals and anyone else interested in identifying types of work addiction, learning about antecedents and consequences of workaholism as well as how to help people achieve work-life balance. The contributions from top-notch researchers and academics in the field provide a rounded view of how the interplay between career aspirations, work motivation and working conditions contribute to health outcomes and effectiveness at work.

Astrid M. Richardsen, Norwegian School of Management, Norway. *The Research Companion to Working Time and Work Addiction* captures the essence and intricacies of an important and fascinating topic. It explores the body of writing on work hours that until this book existed quite separately from literature on work addiction. As can be expected from the breadth of his knowledge and the consistent quality of his work, Ronald J. Burke has done a terrific job of editing a book that presents work addiction and working time in a way that is both scientifically sound and engaging. The twenty-four contributors have done an excellent job of extending and refining our understanding of work addiction and working time in this collection of excellent conceptual and empirical chapters. This book is a must for all scholars and practitioners who are interested in this fascinating aspect of work-life.

Ayala Malach-Pines, Ben-Gurion University, Israel. This is an excellent and unique book which not only addresses the detrimental effects of long working hours and work addiction but also investigates the causes and treatment of workaholism. An outstanding volume which includes both conceptual and empirical chapters from distinguished academics and practitioners from several countries. This is essential reading for all those interested in health and well-being in the workplace and the establishment of satisfactory home and work-life balances. The editor should be congratulated for this groundbreaking book.

Marilyn J. Davidson, University of Manchester, UK. This book is overdue. Someone somewhere a long time ago should have put this book together because its value is incalculable. The pace of change in the workplace has vastly increased and workers see their jobs as more complex and fragmented. What is the prognosis? Where is it all going? What can be done about it? If anything, this book is more a handbook than a research companion on all those aspects of the workplace that touch on or represent change: pace, workload, work addiction, work-life balance, job satisfaction, job involvement, stress, conflict, values, Type A behaviour and other personality disorders. What's more, it delves into some of the more unknown elements of these aspects of work in different countries. Read it. You'll not be disappointed.

Janice Langan Fox, Swinburne University of Technology.

Melbourne Australia This is a timely and needed book for all professionals who have concerns about issues related to quality of life and well being This book is an original piece prepared by a team of international experts written in an informative and scholarly manner and presents in an effective form the accumulated wealth of knowledge on the theme This is a solid book that can satisfy both the academic readership and the professional community I truly and sincerely recommend it It is a must for people who are interested in this subject Simon Dolan ESADE Business School Spain This Research Companion examines the effects of work hours on individual and family well being and questions why people work hard and whether some can work too hard It integrates contributions from two areas of research work hours and work addiction that have historically been pursued separately Ronald Burke argues that while work hours have decreased

The Case for Grace Student Edition Lee Strobel, 2015-02-24 Grace It's talked about a lot from church pulpits and often serves as the climax of testimonies but what does it really mean Is it really as simple as praying for forgiveness or there more to really receiving grace And what about grace and forgiveness toward others and toward yourself In this young adult adaptation of New York Times bestselling author Lee Strobel's The Case for Grace your questions are explored and answered from all angles using Lee's personal story of struggling to find grace for himself as well as interviews with a wide array of people who were radically changed by God's grace alone The wild party that is engraved on Instagram which you pray future employers never find The comment your friend made about you that went way over the line The guilt you still carry for a mistake you made three years ago Those things don't magically go away or become easily forgotten So when you hear about Christian grace and forgiveness and how it's a prayer away that can be a little hard to accept sometimes Even if that clean slate grace would be a great thing to have for yourself or toward the people in your life The good news is you're not alone in your struggle to get grace Inside this book is an exploration of the hows and whys behind God's amazing grace as well as revealing stories from people who experienced that gift in remarkable ways including people who believed they'd been forgotten murders convinced they weren't worth forgiving and Lee Strobel's own account of searching for grace his entire life Because grace is available and can change your life if you just accept it The Case for Grace Student Edition Presents real life stories and experiences from a diverse group of people who have experienced incredible instances of grace firsthand Tackles questions teens and young adults thirteen and up often ask and encounter so they can better understand what grace really is and how it applies to their own lives Unpacks the Bible's teachings on grace and applies them to today's world Can also be used in the classroom in group studies or as part of a religious studies or comparison class Pairs well with The Case for Christ Student Edition The Case for a Creator Student Edition The Case for Faith Student Edition and The Case for Miracles Student Edition

Over Work Brigid Schulte, 2024-09-17 Brigid Schulte is a vital voice on the future of work and her carefully researched book lights the way to fewer hours less stress and more meaning Adam Grant 1 New York Times bestselling author of Think Again and Hidden Potential and host of the podcast WorkLife From the New York Times bestselling author of Overwhelmed a

deeply reported exploration of why American work isn't working and how our lives can be made more meaningful. Following Overwhelmed, Brigid Schulte's groundbreaking examination of time management and stress, the prizewinning journalist now turns her attention to the greatest culprit in America's quality of life crisis: the way our economy and culture conceive of work. Americans across all demographics, industries, and socioeconomic levels report exhaustion, burnout, and the wish for more meaningful lives. This full system failure in our structure of work affects everything from gender inequality to domestic stability, and it even shortens our lifespans. Drawing on years of research, Schulte traces the arc of our discontent from a time before the 1980s when work was compatible with well-being and allowed a single earner to support a family until today, with millions of people working multiple hourly jobs or in white-collar positions where no hours are ever off-duty. She casts a wide net in search of solutions, exploring the movement to institute a four-day workweek, introducing Japan's Housewives Brigade, which demands legal protection for family time, and embedding with CEOs who are making the business case for humane conditions. And she demonstrates the power of a collective and creative demand for change, showing that work can be organized in an infinite number of ways that are good for humans and for business. Fiercely argued and vividly told, rich with stories and informed by deep investigation, *Over Work* lays out a clear vision for ending our punishing grind and reclaiming leisure, joy, and meaning.

What Work Means Claudia Strauss, 2024-06-15 *What Work Means* goes beyond the stereotypes and captures the diverse ways Americans view work as a part of a good life. Dispelling the notion of Americans as mere workaholics, Claudia Strauss presents a more nuanced perspective. While some live to work, others prefer a diligent 9 to 5 work ethic that is conscientious but preserves time for other interests. Her participants often enjoyed their jobs without making work the focus of their life. These findings challenge laborist views of waged work as central to a good life, as well as post-work theories that treat work solely as exploitative and soul-crushing. Drawing upon the evocative stories of unemployed Americans from a wide range of occupations, from day laborers to corporate managers, both immigrant and native-born, Strauss explores how diverse Americans think about the place of work in a good life, gendered meanings of breadwinning, accepting financial support from family, friends, and the state, and what the ever-elusive American dream means to them. By considering how post-Fordist unemployment experiences diverge from joblessness earlier, *What Work Means* paves the way for a historically and culturally informed discussion of work meanings in a future of teleworking, greater automation, and increasing nonstandard employment.

Inside-Out Leadership Rajiv Vij, 2023-03-13 It's not the mountain we conquer but ourselves. Edmund Hillary. Rajiv Vij, a leading life and executive coach, believes the path to outstanding leadership lies in embracing the journey we take within ourselves. Anchored in the principles of personal mastery, Rajiv describes how deepening your self-awareness, learning to regulate your emotional triggers, and reforming your conditioned beliefs, aligning your life and work to a higher purpose, and consistently taking personal responsibility for your actions, not only makes you an inspirational leader but also directly contributes to your personal happiness, balance, and fulfillment. Founded in the belief that

every good leader can become great Inside Out Leadership describes a clear pathway for leaders to discover and fulfil their potential Drawing on his extensive coaching experience and responding to the most significant challenges faced by contemporary leaders Rajiv reveals for the first time the powerful inner journey of self discovery that has worked for so many leaders and shares empowering insights tools and practical ideas to support you in discovering your own greater self both as a leader and as a person *Experiencing ACT from the Inside Out* Dennis Tirch, Laura R. Silberstein-Tirch, R. Trent Codd, Martin J. Brock, M. Joann Wright, 2019-07-19 From leading acceptance and commitment therapy ACT practitioners this experiential training workbook invites therapists to broaden and strengthen their ACT skills through deep engagement with ACT theory and techniques Everyone from beginning therapists to seasoned ACT practitioners can enhance their work through self practice self reflection SP SR a cutting edge evidence based training method Through a systematic process readers learn how to effectively apply ACT to a personal or professional challenge and reflect on the experience Fifteen step by step modules are illustrated with vivid examples from the authors own SP SR journeys In a large size format for easy photocopying the book includes 17 reproducible worksheets The companion website provides over 3 hours of guided audio practices to accompany the book as well as printable copies of the worksheets See also *Acceptance and Commitment Therapy Second Edition The Process and Practice of Mindful Change* by Steven C Hayes Kirk D Strosahl and Kelly G Wilson *Why Can't Church Be More Like an AA Meeting?* Stephen R. Haynes, 2021-10-26 Do Christians need recovery Or is recovery something needed by the church itself Addiction whether to a substance or to a behavior is a problem within faith communities just like it is everywhere else But because churches are rarely experienced as safe places for dealing with addiction co addiction or the legacy of family dysfunction Christians tend to seek recovery from these conditions in Twelve Step fellowships Once they become accustomed to the ethos of vulnerability acceptance and healing that these fellowships provide however they are often left feeling that the church has failed them with many asking why can't church be more like an AA meeting Inspired by his own quest to find in church the sort of mutual support and healing he discovered in Twelve Step fellowships Stephen Haynes explores the history of Alcoholics Anonymous and its relationship to American Christianity He shows that while AA eventually separated from the Christian parachurch movement out of which it emerged it retained aspects of Christian experience that the church itself has largely lost comfort with brokenness and vulnerability an emphasis on honesty and transparency and suspicion toward claims to piety and respectability Haynes encourages Christians to reclaim these distinctive elements of the Twelve Step movement in the process of recovering church He argues that this process must begin with he calls Step 0 which as he knows from personal experience can be the hardest step the admission that despite appearances we are not fine **A Guide for Listening and Inner-Healing Prayer** Rusty Rustenbach, 2014-02-27 Experience the deep emotional healing Jesus promises Inner healing is an important part of the Gospel message You can supernaturally experience healing by exposing the hidden lies that keep you in bondage This

workbook study presents a framework within which you can learn to pray listen and receive God's healing in a progressive step by step process Its practical instruction examples and personal stories can empower you to deliberately listen to God in ways that bring deep freedom assurance and inner healing With compassion and biblical insight Rusty Rustenbach guides you through Connecting with God and experiencing greater intimacy in your relationship with Him Uncovering the lies responsible for unhealthy mindsets destructive habits and emotional pain How to know when you're hearing God's voice Jesus said The truth will set you free Take Him at His word and experience the inner healing your soul craves Designed for ministry use small groups and personal study this book includes questions for discussion and reflection **Everyday God** Paula Gooder,2013-01-25 Ordinary Time is the longest stretch of the Christian year but it receives the least attention Yet the ordinary is the very essence of life This wise guide shows how to live ordinary life in an extraordinary way with biblical examples of how God breaks into everyday life **Heroes, Villains, and Healing** Kenneth Rogers Jr.,2017-06-12 1 in 6 males will be sexually abused in their lifetime This fact is often ignored or not believed Heroes Villains and Healing is a guide to help male survivors of childhood sexual abuse understand and heal from the trauma of their past using DC Comic Book superheroes and villains This helpful book is divided into three parts The first is Heroes which explains how some coping strategies of male survivors are similar to the archetypes of such DC superheroes as Superman Batman and the Flash The second part Villains examines how other coping strategies may not be as positive having traits and attitudes of villains such as Lex Luthor and the Joker Healing is the final part which explains how striving to live the life of a hero or a villain can be sustainable To truly heal from childhood sexual abuse means working through the stages of healing and receiving help from a therapist or counselor This final section includes writing exercises and examples that help male survivors know they are not alone as they come to terms with their abuse and heal from past trauma The book was written to help male survivors open up about their abuse seek help and stop suppressing their trauma through drug and alcohol abuse or suicide **Chained to the Desk (Third Edition)** Bryan E. Robinson,2014-02-21 In this edition is the amazing depth of understanding we've come to expect from Robinson on the topic of work addiction Gayle Porter Professor of Management Rutgers The State University of New Jersey Comprehensive and highly impressive A great read Dr Kristin Neff author of Self Compassion A rich comprehensive understanding of how workaholicism is taking an insidious toll on our lives individually and collectively Tony Schwartz author of Be Excellent at Anything A sober voice in a work delirious culture Dr Patricia Love author of How to Improve Your Marriage without Talking about It **Shamans of the 20th Century** Ruth-Inge Heinze,1991 In Shamans of the 20th Century anthropologist Ruth Inge Heinze takes a critical look at the global re emergence of the shaman in the late twentieth century redefining the role of the shaman at a time when we in the West are questioning both our ways of knowing and medical practice A pioneering work hers is a much needed synthesis between third world and primal people's holistic understanding of healing as embracing the total human condition social emotional psychological as well as physical and the

radically innovative stance of Western New Age healers Elinor W Gadon Back cover **A Journey of Healing the Damaged Soul** Dominic Maka, Jaichima, 2010-05 I thought my life was in no particular turmoil when I first met Jaichima and Vicente in 1992 Retrospectively I was lost confused and hanging onto life by a thread a thread of delusions spun by suppression and repression and concealed by layers of addiction and denial Although college educated and successful I was feeling increasingly frustrated depressed and unhappy for unknown reasons Moving from the Midwest to Arizona failed to effectively alter my disposition Closing my business and quitting my job did not help The truth remained concealed even after two years of intervention by the Mara akames Slowly via counseling ceremonies and workshop involvement the truth began to emerge Thirty years of repression addiction denial and delusion gradually surrendered their ugly tentacles revealing horrendous untreated childhood sexual and parental abuse Untreated the effects of my childhood trauma developed into a severe Post Traumatic Stress Disorder that has been expressed through unconscious imbalanced entity behaviors most of my life When counseling began my life instantly unraveled I became confused angry and disconnected with the person I never knew or understood myself Though repression and denial saved my life intervention unlocked the door exposing my damaged entities that were created during childhood nurtured during teen years and perfected during adulthood absent counseling These life saving entities silently and unknowingly controlled my life Through the Mara akames nontraditional intervention guidance and healing techniques my nonexistent spirituality gradually transformed into deep spiritual awareness This spirituality became the essential foundation for my healing and was rudimentary for unveiling my horrific past This candid story reveals how blind adulation of my father led to horrendous childhood sexual and parental abuse with subsequent complete repression and denial It reveals my atrocious past defines my entities and discusses my healing process after thirty years of repression It also elucidates the non traditional healing techniques foremost spirituality taught by the Mara akames Jaichima is a Mara akame from the Huichol tribe called Wirarika of the Sierra Madre Mountains of Mexico She has practiced ancient and traditional tribal medicine for many years in Mexico and the United States She speaks numerous languages and has been a committed medicine woman all of her life Dominic Maka has been employed as a health care and vocational rehabilitation professional throughout his career For ten years he owned and operated a successful consulting business He has been married thirty years and is the father of three children Handbook of Addictive Disorders Robert Holman Coombs, 2004-04-28 The most comprehensive source for the latest research and practice techniques for diagnosing and treating addictive disorders This book brings together an array of international experts on addictive disorders Robert Coombs's Handbook of Addictive Disorders discusses the contemporary issues surrounding the understanding of addiction from diagnosis to treatment of an addicted client The Handbook of Addictive Disorders is an example of practical and clinical information at its best Lorraine D Grymala Executive Director American Academy of Health Care Providers in the Addictive Disorders The Handbook of Addictive Disorders A Practical Guide to Diagnosis and Treatment is a comprehensive state of the

artresource featuring valuable contributions from a multidisciplinaryteam of leading experts This unique guide deftly defines addictionand examines its comorbidity with other problems Subsequentchapters present an overview of addictive disorders coupled withstrategies for accurately diagnosing them planning effectivetreatment and selecting appropriate interventions Chapters onpublic policy and prevention are of indispensable value in light ofthis growing health concern The only reference available to cover the full spectrum ofaddictions and addictive behaviors the Handbook of AddictiveDisorders provides the most current research and treatmentstrategies for overcoming Chemical dependency Workaholism Compulsive gambling Eating disorders Sex addiction Compulsive buying This useful guide features case studies figures and diagrams lists of practical interventions for each disorder andself assessment exercises for clients Psychologists addiction counselors social workers and othersworking in the addictions field will find the Handbook ofAddictive Disorders to be an essential resource for practical validated information on all types of addictions and their relatedproblems **Tame Your Fears** Carol

Kent,2014-02-27 This Bible study examines 10 fears common to most women and suggests ways to overcome such fears by using them as stepping stones to deeper faith renewed confidence and sincere reverence for a powerful and loving God

Words on Cassette, 2002 R R Bowker Publishing,2002

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