

Recovering from workaholism: From the inside out

Hawkins, Barbara

Note: This is not the actual book cover

Recovering From Workaholism From The Inside Out

Aleya Dao



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 Worth Doing W. David Buschart, Ryan Tafilowski, 2025-11-25 Reimagine Your Theology of Faith and Work Conversations about faith and work often miss an important truth limitations are not a problem they re a key part of what it means to be human Work has always been part of humanity s purpose but we re no longer in the perfect Garden of Eden nor are we in the future new heavens and new earth To truly address the challenges of work we need a new theological perspective In Worth Doing David Buschart and Ryan Tafilowski embrace the realities of limitations challenging the myths of You are what you do and Do what you love Instead they propose a theology of work that affirms the goodness of human limits while addressing the realities of fallenness offering hope for those who may not find deep fulfillment in their daily jobs Buschart and Tafilowski outline a new vision of work that resonates with all workers recognizing that every job has value even when it doesn t align with idealized notions of

purpose or calling By embracing this perspective people can find new ways to approach daily labor even when it doesn't feel deeply fulfilling In *Worth Doing* readers will Gain a theology of work that moves beyond only ideas of productivity or calling Learn how to embrace human limitations as part of God's good design Reflect on the ways work connects to broader questions of purpose and human flourishing *Worth Doing* invites readers to consider their limitations as valuable aspects of their vocational journey offering a thoughtful framework for addressing the complexities of work This book is particularly relevant for theologians examining the intersections of work faith and rest Christian educators and leaders in the faith and work space By moving beyond conventional theological approaches to faith and work *Worth Doing* presents a hopeful and theologically rich perspective on vocation that acknowledges and embraces human limitations [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 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 fulfilment 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 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 workaholism 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 redefiing the role of the shama 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 HealthCare Providers in the Addictive Disorders The Handbook of Addictive Disorders A Practical Guide to Diagnosis and Treatment is a comprehensive state of the art resource featuring valuable contributions from a multidisciplinary team of leading experts This unique guide deftly defines addiction and examines its comorbidity with other problems Subsequent chapters present an overview of addictive disorders coupled with strategies for accurately diagnosing them planning effective treatment and selecting appropriate interventions Chapters on public policy and prevention are of indispensable value in light of this growing health concern The only reference available to cover the full spectrum of addictions and addictive behaviors the Handbook of Addictive Disorders provides the most current research and treatment strategies 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 and self assessment exercises for clients Psychologists addiction counselors social workers and others working in the addictions field will find the Handbook of Addictive Disorders to be an essential resource for practical validated information on all types of addictions and their related problems 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 Seven Cups of Consciousness Aleya Dao, 2015-08-15 Knowing that you are a spiritual being having a human experience is eye opening and inspiring but can it tangibly transform your life Pioneering healer Aleya Dao does more than say yes to this question she shows you how with stories and practices that are as potent and fresh as a morning cup of coffee or tea By turning to your inner world you can work with the limitless energies that create your outer world making strides you never thought possible With the help of your Higher Self your angelic support Team and the challenges you encounter every day you will discover a whole new experience of empowerment purpose and joy

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Recovering From Workaholism From The Inside Out Introduction

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