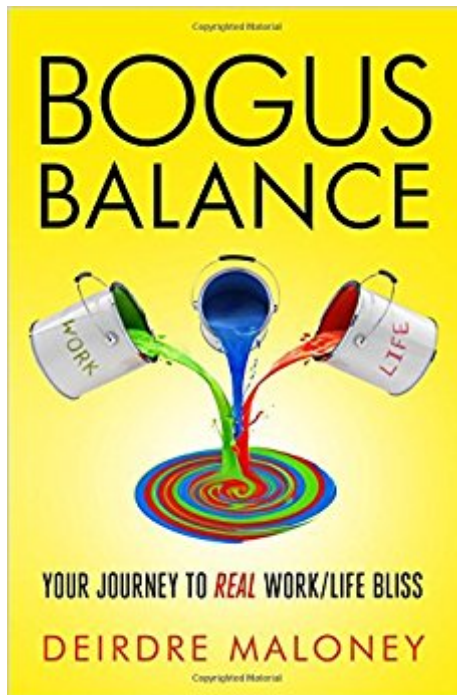




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# Bogus Balance: Your Journey To Real Work/Life Bliss



## Synopsis

Do you wonder why you can't seem to achieve the work-life balancing act? Do you find yourself struggling to stay on top of everything going on in your day? Do you spend significant time feeling stressed, tired, and dissatisfied? Take heart. The problem with work-life balance isn't that you can't achieve it. It's that nobody can. While what we've been told about work-life balance may be bogus, the good news is that finding real balance-and the bliss that comes with it-is absolutely possible. Some have already figured it out. And they're about to tell you how they did it. Bogus Balance gets to the heart of why our understanding of work-life balance is a set-up for frustration. It then gets to the good stuff, providing tips from those who have already walked their journey to bliss. Best of all, the interactive exercises and tools will get you started on your journey, too. Ready to feel happy? Peaceful? Satisfied with your life? Your journey to real work-life bliss is about to begin.

## Book Information

Paperback: 268 pages

Publisher: Business Solutions Press (May 12, 2015)

Language: English

ISBN-10: 0984027351

ISBN-13: 978-0984027354

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 10 customer reviews

Best Sellers Rank: #657,010 in Books (See Top 100 in Books) #44 in Books > Business & Money > Business Culture > Work Life Balance

## Customer Reviews

Contains three sections: Breaking down the Bogus part Building up the Blissful part Battling those sneaky bliss-busters Interviews and focus groups with nearly 100 people who share their stories, struggles and tips. Includes a series of interactive worksheets, designed to help readers determine "their all" and create their "blissful blueprint" by the end.

"Deirdre Maloney stands traditional work/life balance theory on its head. With her thought-provoking questions and quotes, and the occasional cautionary tale, you'll discover exactly what bliss means to you and how to achieve it. This page-turner is sure to tip your balance scale in the right direction!" -KEN BLANCHARD, coauthor of The One Minute Manager® and

Refire! "Bogus Balance is for all of us in pursuit of an even better, more successful life. Deirdre Maloney's energetic, audacious style will help you achieve positive, joyful change...that lasts." - MARSHALL GOLDSMITH, author of What Got You Here Won't Get You There: How Successful People Become Even More Successful "A bold, provocative, and engaging read for anyone searching for true, honest-to-goodness happiness." - BARBARA STANNY, author, Sacred Success: A Course in Financial Miracles

Simple practical advice to help you shape your desired future.

This book will help readers decide where to make necessary changes in their lives when they experience work / personal life conflicts. When these two areas in one's life clash or compete it results in emotional upheavals. A person feels miserable and dissatisfied. The author points out the cause, which is usually believing the myth that "one can have it all." The author contends no amount of effort will achieve this kind of balance. Deirdre Maloney unequivocally states, it is possible to be happy and satisfied with one's life but that one must choose very carefully what is most important to you which is defined as "having \*your\* all." This book focuses on the comparison and contrasts between one's work and personal life and the author's study of people who have achieved what she calls a "blissful life" and some who have not. Choosing wisely is key. Choices are highly individualized and unique to each person. The point is everyone can enjoy the journey called life. This does not mean there will be no problems, it means the good will outweigh the bad and life will be more fulfilling, satisfying and real. The book is written in a chatty, informative manner and not difficult to read. It is well organized into main topics, subtopics and detailed information with conclusions. The author has certainly done her homework on this important subject. She offers some sage suggestions and guidelines to living a more fulfilled and happy life. While it is not clear what credentials the author possesses in terms of education and background, her book is a thorough discussion of the subject. She explains her focus, the criteria she used and her approach. The topic of "finding your bliss" sounds trite and "New Agey" but this book is anything but that. The topic is treated in a forthright manner but not so seriously that it puts the reader off. There is no magic formula or step by step approach that works for everyone but this book will guide the reader to determine \*if\* they need to change, it will help them set goals which are achievable. The author uses an interesting phrase "life is a messy stew." When she encountered personal struggles to achieve work/life balance, she felt anxious, was unhappy and was becoming distant

from her husband. She chose to examine and study the lives of the "blissful" people she knew and write this book about what she learned. While they did not "have it all", they were selective in their choices of what was important to them, how they used their energy, effort and time. They defined what was important using their own criteria which is not always how society defined it. This is a descriptive book based on qualitative questions designed by the author. It takes the approach of a study but it is \*not\* scientifically based because it does not use statistics or validated questionnaires/ tools. The author selected/identified the people for her study based on the characteristics she recognized they possessed: happy, fulfilled and satisfied lives. She also selected "a few from the other side", unhappy ones, those who were not blissful, who talked a lot about being overworked and overtired. What conclusions did the author reach? The "blissful" group identified the following important values as the basis of their choices: their job was the right fit, they avoided/ would not work for the "bad boss", they made their decisions solely on what was right for themselves regarding the importance of salary, title and personal satisfaction. In their personal lives, they chose their partner based on the "right fit" which meant unique/individual characteristics/traits, understanding each other's roles, choosing priorities together, recognizing and expressing respect, and keeping gratitude as a top priority. The author also discusses these areas: the "blissful" family, relationships with "the others", and one's personal network. The concept of "accountability cop" as described makes a lot of sense. The issue called "sticky family dynamic" is touched upon with some important highlights but it is not given a thorough analysis. I really do not blame the author, it is very complex area and deserves to be the subject of another book. One section which stood out for me and was particularly well developed was titled "Those Sneaky Bliss Busters". It included the following chapters, "The Blissful You", "The Blissful Plan", "Embracing the Big C [change]", "Getting a Hold of that Brain of Yours", "Tackling Your Money Issues" and "The Science of Bliss". Overall, the author has achieved her objective in writing a most interesting and helpful book. It will be a great resource and guide for anyone to make changes in their life, if they find the ideas and concepts leading to problems apply, as discussed in this book. Received book as gift with option to review. The book really makes you think about what is important in life and to examine your choices through the lens of this author's perspective. Erika Borsos [pepper flower]

Many gurus argue that the way to achieve happiness is to find a way of properly balancing work and

personal life. Deirdre Maloney disagrees. Not that having balance is unimportant, but achieving balance alone (if it can be achieved) will not bring happiness. So, what's the key to true bliss? That's what "Bogus Balance" is about. Through interviewing scores of men and women who have achieved personal bliss (as well as a few who haven't), Ms. Maloney has distilled what is crucial to its achievement. By presenting a number of testimonies as well as recounting her own search for bliss, the author provides a roadmap to achieving bliss in various areas of life—career, life partnership, family life, our relationships with others, and oneself. Each of the chapters ends with a "bliss builder exercise," which contains a number of questions designed to help us understand what stands in the way of bliss and how to achieve it. The last major section of the book, "Battling those Sneaky Bliss-Busters," includes chapters dealing with money issues and counteracting negative messages your brain tells you. This is a well-written, easy to understand book, which I highly recommend for anyone who wants to have a blissful life. I received a copy of this book in exchange for writing an honest review, which I am happy to provide.

With a bazillion self-help books out there it's hard to separate the good ones from... well, everything else. As a guy who's struggled with work/life balance while holding 2 to 3 jobs simultaneously for nearly 30 years, I can assure you that this is one of the good ones. It boils down and artfully articulates what I discovered the hard way. There's no such thing as work/life balance... but, there is a set of choices you can make and be very happy with. The author calls it work/life bliss. The tone may be a bit touchy/feely for some, but it's well worth reading. You will discover that you can't have it all, and that you really don't want or need to. You can develop your best career, your best set of relationships, your best hobbies and skills, all through conscious choices that lead to... well, bliss. It's a well-written and imminently useful book. And, a recommended read.

If you struggle to achieve the right work/life balance and most of the self-help books on this topic all seem pretty much the same, I invite you to read Bogus Balance by Deirdre Maloney. Not only does she stress-relieving tried and true aids, she was in this same situation. Until she discovered in her own life that you can't really achieve that balance—that trying to do so creates family problems, relationship problems and a host of other stresses—and she set about learning how to achieve bliss and that it requires making choices, only then did she come to grips with her problem. Deirdre learned in her own life and in interviews with many others who had arrived at a blissful compromise that sacrifice, choice and deciding what one really wants out of life are the keys to achieving a happy, balanced and blissful life. You can't have it all, so you must decide on

what part of "all" you need. Life is a journey, and you can choose stress or bliss. In our electronic and digital age it becomes harder to do. That's where choices come in. Deirdre offers her own perspective on making the right choices based on personal experience and research. Divided into three sections, the book covers I. Breaking down the bogus part, II. Building up the blissful part, and III. Battling those sneaky bliss-busters. Maloney writes in an easy and believable style, but inside are deeply relevant principles to help you make the best choices for your individual life needs. Not only is it readable, it warrants rereading.

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