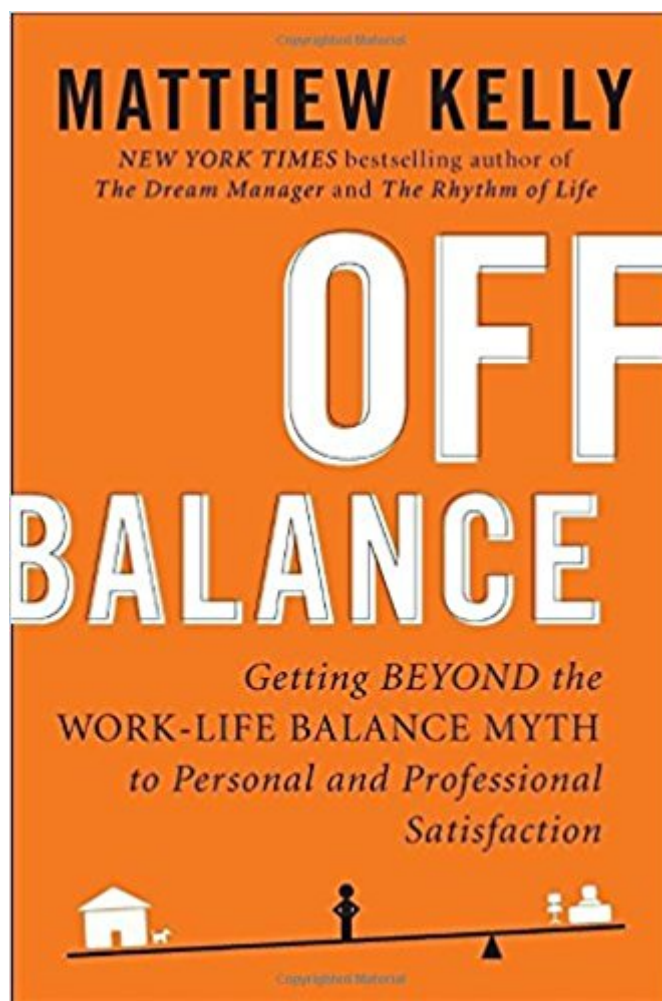


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# Off Balance: Getting Beyond The Work-Life Balance Myth To Personal And Professional Satisfaction



## Synopsis

The prescriptive follow-up to the New York Times bestseller *The Dream Manager*. One of the major issues in our lives today is work-life balance. Everyone wants it; no one has it. But Matthew Kelly believes that work-life balance was a mistake from the start. Because we don't really want balance. We want satisfaction. Kelly lays out the system he uses with his clients, his team, and himself to find deep, long-term satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He shows us how to cultivate the energy that will give us enough battery power for everything we need and want to do. And finally, in five clear steps, he shows us how to use his Personal & Professional Satisfaction System to establish and honor our biggest priorities, even if we spend a lot more time on some of the lesser ones.

## Book Information

Hardcover: 160 pages

Publisher: Avery; 1 edition (September 15, 2011)

Language: English

ISBN-10: 159463081X

ISBN-13: 978-1594630811

Product Dimensions: 5.8 x 0.6 x 8.6 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 59 customer reviews

Best Sellers Rank: #84,696 in Books (See Top 100 in Books) #6 in [Books > Business & Money > Business Culture > Work Life Balance](#) #878 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#) #1213 in [Books > Business & Money > Personal Finance](#)

## Customer Reviews

Matthew Kelly is an internationally acclaimed speaker and author, as well as the founder and president of Floyd Consulting. Over the past decade, he has given more than 2,500 keynote presentations and has done conventions for Fortune 500 companies, national trade associations, professional organizations, universities, churches and nonprofits. He lives in Cincinnati. Visit [floydconsulting.com](http://floydconsulting.com).

Best part is how to define what a great day looks like. This book will help you identify the practices that lead to happiness, whether you're working your tail off or goofing off.

An honest appraisal of our current culture and its influence on our perception of the need for "balance". In a Christian version of Stephen Covey, Matthew Kelly helps break down how to achieve the satisfaction that we really seek.

This book, along with a couple of others I've read since the start of the new year, have truly been life changing! Because I have a very hectic schedule, and was recognizing at the close of 2012 that some changes were in order, I purchased this book for guidance in prioritizing. It did just that, and much more! I've been able to clear my plate of several long-term commitments in order to assess where my focus needs to be. I've also been able to develop new habits that may not be what I feel like doing, but are what is best. The seemingly elementary principal about the difference between pleasure and satisfaction was life altering for me. I'm thankful for the excellent truths in this book and the strategies for maximizing life choices.

Matthew Kelly has nailed it right on the head with his newest book; Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction. He clearly articulates what we have all discovered on one level or another...that the quest for work-life balance in corporate America over the past twenty years or so has NOT led to increased levels of happiness. And that in the end, what we are all seeking is to have SATISFYING lives personally and professionally) NOT just balanced lives. Advancing the idea that in order to achieve satisfaction, one must take a STRATEGIC approach to their life, Mr. Kelly brilliantly correlates the assessment, planning and measurement systems that he has seen in the best companies in the world to the kind of approach we should consider when it comes to our own lives. Early in the book, Mr. Kelly clearly states the promise of the book: "...that you can be the architect of a life that is both personally and professionally satisfying." His simple, straightfoward approach, along with some very useful exercises for thinking strategically about our lives makes this book a great read, and a must-have life planning tool.

Good book. Better than expected condition. Arrived faster than expected also.

Very easy read. Matthew Kelly takes on a huge topic and breaks it into manageable parts so that you can tackle small pieces of the puzzle. Many real life examples are used to help illuminate a situation. Due to its simplicity you end up taking small steps yourself in the beginning stages of "change."

Originally got this from the library, went out and bought my own. His premise of replacing "balance" with "satisfaction" resonates with me because it is not about time, it is about satisfaction.

Matthew was spot on about debunking the notion that work and life ought to be in balance. His thesis was plausible and he gave some tools to back up his position.

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