

Recovering from workaholism: From the inside out

Hawkins, Barbara

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Recovering From Workaholism From The Inside Out

W. David Buschart, Ryan Tafilowski



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 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 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

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

Words on Cassette, 2002 R R Bowker Publishing, 2002

The Workaholic and His Family Frank B. Minirth, Frank Minirth, Frank B. Wichern, 1981

The Secret Language of the Body: Regulate your nervous system, heal your body, free your mind Jennifer Mann, Karden Rabin, 2024-05-23 Inspiring refreshing and practical Bessel van der Kolk author of The Body Keeps the Score The new essential self healing bible a revolutionary body first guide to regulating your nervous system curing long term pain and healing from trauma for good

The Hero Within Carol S. Pearson, 2013-08-13 The Classic Guide Updated for Our Contemporary World A modern classic of Jungian psychology The Hero Within has helped hundreds of

thousands of people enrich their lives by revealing how to tap the power of the archetypes that exist within Drawing from literature anthropology and psychology author Carol S Pearson clearly defines six heroic archetypes the Innocent the Orphan the Wanderer the Warrior the Altruist and the Magician and shows how we can use these powerful guides to discover our own hidden gifts solve difficult problems and transform our lives with rich sources of inner strength This book will speak deeply to the evolving hero in all of us and reverberate through every part of our lives With poignant wisdom and prolific examples it gives us enduring tools to help us develop our own innate heroic gifts the Orphan s resilience the Wanderer s independence the Warrior s courage the Altruist s compassion the Innocent s faith and the Magician s abiding power **The**

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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 **Business Japan** ,1979 *What Can You Do with a Law Degree?* Deborah L. Arron,1992 Tired as F*ck Caroline Dooner,2022-02-08 I laugh cried all the way though this biting critique of self help bullshit and manipulative power structures Dooner has written something deeply of the moment and relatable as f ck Amanda Montell author of *Cultish* and NYT Bestselling *The Age of Magical Overthinking* Blending memoir and blistering social observations the author of *The F ck It Diet* looks back at her desperate attempts to heal her hunger anxiety and imperfections through extreme diets culty self help methods and melodramatic bargains with the universe Offering a frank and funny critique of the cultural forces that are driving us mad Caroline Dooner examines how treating ourselves like never ending self improvement projects is a recipe for burnout We have become unknowingly complicit in perpetuating our own exhaustion because we are treating ourselves like machines But even phones need to f cking recharge Caroline takes a good hard look at the dark side of self help and explains how she eventually used a radical period of rest to push back against cultural expectations and reclaim some peace *Tired As F ck* empowers us to say no to the things that exhaust us It inspires us to carve out time to slow down feel okay about doing less and honor our humanity This is not a self help book it s a cautionary tale It s an honest look at the dogma of wellness and spiritual self improvement culture and revels in the healing power of rest and letting shit go *Brandweek* ,1996-03 *Get Out of Your Own Way!* Tom Rusk,Natalie Rusk,1996 *Escape from Mind Traps* The bestselling author of *I Want to Change But*

I Don't Know How and Instead of Therapy offers a step by step approach to self initiated self directed personal change This book maps out ways for readers to look at themselves objectively and identify the defeating attitudes that are keeping them locked into problem habits relationships and situations **The Joy of Not Working** Ernie John Zelinski,1993 Advice on achieving success and satisfaction in life away from the work place

Adopting the Tune of Phrase: An Emotional Symphony within **Recovering From Workaholism From The Inside Out**

In a world consumed by screens and the ceaseless chatter of fast conversation, the melodic splendor and psychological symphony created by the published word often fade into the backdrop, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, located within the pages of **Recovering From Workaholism From The Inside Out** a wonderful literary treasure filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, that charming masterpiece conducts visitors on an emotional journey, well unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching examination, we shall discover the book's main harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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