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# Workaholic?: A 12-step Guide To Having A Life **AND** Getting Things Done

## WORKAHOLIC?

A 12-step guide to having a life  
**AND** getting things done



MARIA MATARELLI



## **Synopsis**

Workaholic? is a 12-step guide for having a life and getting things done. Learn techniques for how to stop feeling pressured and start having a life beyond work, ways to let go of a project that you may feel no one else can do as well as you, how to be an eager rather than an anxious delegator, and discovering a fulfilled life instead of just hoping for time.

## **Book Information**

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## **Customer Reviews**

Who wouldn't find at least some of these steps/techniques for better organizing your life useful?

Matarelli offers quick and reasonable methods here without a lot of bloated filler that most offerings such as this fall into and end up being hundreds of pages. As I said in my title summary, I am merely an aspiring workaholic (lol) but I am interested in organizing my life better as well as achieving ALL of my goals. I simply figured as a person who isn't an actual workaholic, if I can still better myself with goals and organization I can have the best of both worlds. This book hits the mark and then some. Excellent purchase.

Short, clear and easy-to-read book. It was like a "plug-and-play" book. Maria narrows down with her descriptions many situations and feelings that most of us have gone through at some point in our lives. It is not a coincidence that I read it all during an insomnia night 3 days ago, one insomnia night of many lately. My insomnia may not be work related (this time) but it helped me revisit and identified possible patterns that can slowly become symptoms of workaholic behaviour. And most important of all, Maria gives you easy tools (steps, questions) to deal with them and work on the solution. I've already recommended this book to some friends that are not aware yet of their workaholism. Will try to get soon my mini-book hard copy also.

The author keeps it real in her writing about out of control success that leaves you stressed and out of balance, you will learn that the simple steps will help you find a path to succeed without burning yourself out, easy reading good direction. A quick read.

Maria's book is a quick and yet insightful read. Maria's insights could be applied to many parts of one's life, not only work. It's a thoughtful way to think about what is important and how to make incremental steps to make changes and to reflect on the changes.

This book is well laid out with easy to follow steps, it definitely will help me in regaining my life. I recommend it to anyone who works all the time and is finding they have less and less time for themselves and life.

I love this book. Maria explains how to be a workaholic and still have an amazing life. Full of examples, tips, and ways to change how your life and still get lots of work done.

The title describes my life and the book, graciously succinct, is perfect for the working professional constantly on-the-go. At some point, it's time to stop fretting about what you can do for others or for your business, and start thinking about what you can (and should) do for yourself.

Great read, very helpful info for everyone, especially entrepreneurs. We all need help to balance work and life. I highly recommend this book.

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