INDEX

A	and emotional baggage, 67–68
Abuse childhood, emotional baggage and, 72 drug, impact on health and well-being, 49 Affairs. see Infidelity Alcohol use, impact on health and well- being, 49 American Association for Marriage and Family Therapy (AAMFT), 92 American Institute of Stress, 72	goals, 63–65 networking, 57–60 CASA (Court Appointed Special Advocate), 124 Centers for Disease Control (CDC), 44 on obesity, 44 Change, self, 9–20 Children, 3 and depression, 104 experimenting with drugs, 104 and families, finding balance, 99–109
В	impact of infidelity on, 91
Baggage, 3–4 Balance with children and families, 99–109 in the community: volunteering and, 123–131 and emotional baggage, 67–79 financial, 21–38 finding and keeping, health and wellbeing, 39–54 foundation for, 1–7 of friendship, 111–122 marriage, 81–97 self-change and, 9–20 with spirituality, 133–143 in your career, 55–66	Community, 4 volunteering, 123–131 Conversation, breaking the ice, 114 Coping, 103 Court Appointed Special Advocate (CASA), 124 Credit bureau, 28 Credit cards, 25–29; See also Debt consolidating, 26 financial balance and, 25–29 interest rates, 26 reports and ratings, 28 Crisis issues, 103–104 family, 103–104 spirituality and, 133–135
Balanced life: work in progress, 145–146 Binge eating, impact on health and well-	D
being, 50 Biofeedback, reducing stress using, 48–49 Blessings, 146 Bullying at work, 67, 68	Debit cards, 26–27 Debt, 29–32 bad, 30–32 credit cards (see credit cards) managing, 29–32
C	ratio, 32
Career changes, advice for, 62 Career(s), 55–66 balancing work, family, and you, 66	worksheet, 30–31 Depression, 67–68 emotional baggage and, 68

Index

signs/symptoms of, information regarding, 68 Dieting, 43 Divorce, 92 and child rearing, complications of, 100 Divorce Busting (Weiner-Davis), 91 The Divorce Remedy (Weiner-Davis), 91 Drug abuse, impact on health and wellbeing, 49 E	Feng shui, 7 Fighting, 86–87 advice for managing, 86–87 Fight-or-flight response, 45–47 Finances, 3 Financial balance, 21–38 credit cards and, 25–29 debt, managing, 29–32 emotional budget, 37–38 family income levels, 24 saving money/planning for future, 33–34 writing down financial goals, 34–37
Einstein, Albert, 138 Emerson, Ralph Waldo, 123 Emotional baggage, 3–4, 67–79 addressing past resentments, 72–73 forgiveness, 75–76 goals for shedding, 70 hiding from, 74–75 ridding yourself of past hurts, 69 scenarios, 67–68 sickness and, 68 steps for reducing, 75 Emotional budget, defining, 37–38 Exercise, reducing stress using, 48–49 Existentialism, 76 Expectations, 146 Expenses, unnecessary, 32	Financial stress, 10, 21 marriage and, 21 Finding and keeping balance, 39–54 Forgiveness, 75–76 emotional baggage, letting go of, 75–76 Frankl, Viktor, 143 Friends, 3; See also Friendship Friendshifts (Yager), 111 Friendship(s), 111–122 characteristics of, 112 cultivating, 112 goals of, 116 improving, suggestions for, 117–118 improving the quality of, 115–117 initiating conversation, breaking the ice, 114
F Family, 3	maintaining balance, 121–122 meeting new friends, 114
balance with children, 99–109 crisis issues, 103–104 impact of infidelity on, 91 issues, scenarios that affect sense of balance, 99–100 parents/siblings, emotional baggage from, 67, 75 quality time, 101 work, balancing and, 66 Family income levels, 24 Fears, understanding, 12–14 Federal Reserve Board, 24	Goals financial, 34–37 of friendship(s), 116 health and well-being, 51–54 for marriage, 88 personal, 15 relationship, 94–95 spirituality, 140–142 for volunteering, 128–130

Index

myths about, 83–85 problems, initiating change, 92–93 Maslow, Abraham, 5 Meditation, reducing stress using, 48 <i>The Monogamy Myth</i> (Vaughn), 90 Monthly income, debt and, 32 Myths about marriage, 83–85
N Networking, 57–60 opportunities, 57–58 tips for effective, 58–59 New possibilities, creating, 20
Obesity, 43–44 Out-of-balance, I Overweight, 43–44 Parenting styles, 99
Parents impact of infidelity on, 91 siblings, emotional baggage from and, 67, 75 Personal goals, 15 Pets, reducing stress using, 48 Physician visits, impact on health and well-being, 50
Planning for future, 37–38 Prayer, reducing stress using, 48–49 Professional achievement, 56 Professional goals, 61 Q Quality time, family, 101 R RealAge.com, 111 Recreational drugs, impact on health and well-being, 49 Relationship goals, 94–95

Index

Religion. see Spirituality T Religious beliefs, 133 Technological age, 44-45 family balance and, 103 S impact on health and well-being, Saving money/planning for future, 33-34 44-45 Therapy, reducing stress, 48 Self-actualized, 5 Self-change, 9-20 u creating new possibilities, 20 Urgency factor, 6, 44 first move toward, 10-11 understanding fears/problems, 12-14 Siblings, emotional baggage from, 67, 75 Signs, 146 Volunteering, 4, 123–131 Smoking, impact on health and well-being, advice for, 125 49 avoiding burnout, 131 Spirituality, 133-143 defining your passions in, 125 goals for, 140-142 finding time, 124 making time for, 136 goals regarding, 128-130 quest for, 138-139 Spiritual life, 3 Stress, 45-47 emotional baggage and, 68 When Friendship Hurts (Yager), 112 financial, 21 Widener, Chris, 114 reacting to, 46, 48-49 reducing, 47-49 Y Strong marriage, common elements found in, 96-97 Yager, Jan, 111 Support groups, reducing stress, 48 Yoga, reducing stress using, 48

Reference critical business skills in an instant online.

SEARCH electronic versions of hundreds of books simultaneously.

BROWSE books by category. Peruse the latest titles from today's most authoritative business authors.

FIND answers in an instant!

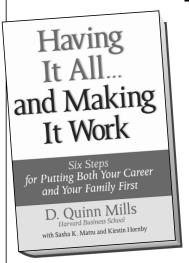


Search Safari! Zero in on exactly the information you need to complete the task at hand - from creating killer presentations, to understanding how supply chains work, to honing your interview skills. Search across all books in the library simultaneously to pinpoint exactly the chapter, sentence and example you need. Read books from cover to cover. Or, flip right to the page you need.



Preview Safari as our guest at bus.safaribooksonline.com or sign up for a free enterprise trial at www.safaribooksonline.com/bizdemo.asp. Also check out Safari's premier library for programmers and IT professionals at safari.informit.com.





Having It All...and Making It Work

Having It All...and Making It Work is a fast-paced, easy-touse book offering readers a new pathway towards managing personal life and professional life — without sacrificing either one of them. This book isn't just more whining and exhortation: it delivers specific, bite-sized, no-fluff solutions for managing one's life, including crucial execution steps readers can take immediately.

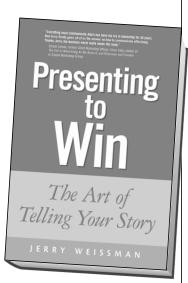
© 2004, 144 pp., ISBN 0131440225, \$19.95

Presenting to Win

In Presenting to Win, the world's #1 presentation consultant shows how to connect with even the toughest, most high-level audiences — and move them to action. Jerry Weissman shows presenters of all kinds how to dump those PowerPoint templates once and for all — and learn to tell compelling stories that focus on what's in it for their listeners.

© 2003, 304 pp., ISBN 0130464139, \$24.95

For more information on our business titles, visit www.ft-ph.com



FINANCIAL TIMES PRENTICE HALL