Balancing Your Life: Executive Lessons for Work, Family and Self

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Acknowledgements. Dedication.

1. The Symphony of Life 1
Explores the challenges of balancing one's work, family and personal life and introduces a "Balance Wheel" framework for doing that. Web-based Excel tool available.

2. Adult Life and Career Stages 11
Summarizes what we know about predictable stages in human life and career. Invites the reader to make notes along the way about similarities in his/her own experience.

A discussion of the challenges of defining success with some good examples and setting up the trade-offs one has to make between wealth, fame, power, family, love, health, recreation, resonance/flow, material things, etc. Presents a view of how to merge the static, cross-sectional view with the dynamic longitudinal view.

4. Charles Nelson: A Week in the Life of an Investment Banking Intern 59
A diary of an MBA student working horrendous hours in investment banking.

5. Hassan Shahrasebi: The Golden Boy 73
An Iranian workaholic puts job ahead of self and family and nearly pays the price with his life as he falls asleep while driving and has a horrendous wreck.
6. Tetsundo Iwakuni: The Life and Career of a Japanese Executive 85
Current member of the Japanese Diet who began as an investment banker in Europe and New York and then became the most popular of all 605 mayors in Japan and is a part of the reform movement in Japan. CD ROM available.

7. Dee Dee Fisher: The Life and Career of a Free Spirit 113
A free spirit entrepreneur who has successfully introduced a new product through GNC, lost large amounts of weight, become a fitness nut, and is able to resist the outside-in pressures of society to do things her own way. CD-ROM available.

8. Erika James: The Life and Career of a Tenured Professor 133
A professor balances getting tenure, teaching, writing, consulting, serving on committees, having two kids, managing a long-distance marriage and her health. And then is asked to do more. CD-Rom available.

A description of the early life and formative events in the life of Donna Dubinsky, founder of Palm and one of America’s most influential women.

10. Ed Norris: The Life and Career of a Police Commissioner 177
Describes Mr. Norris’ childhood, career advancement, rise to the top spot, lifestyle issues, indictment, imprisonment, and subsequent successes.

11. Walt Shill: The Life and Career of a Senior Consultant 201
An American who just became partner in Japan in a well-known global consulting firm decides to take some time off to regain his health and figure out the meaning of life by cycling across the entire United States.

12. Tom Curren: The Life and Career of a Senior Executive Officer 223
The senior strategy officer for Marriott Corporation describes his life and career including his hobbies, lifestyle, typical week, relationships, and family. CD ROM available.
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<td>Judy Moore Curren: The Wife of a Senior Executive Officer</td>
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<td>Mrs. Curren describes her husband and their relationship and lifestyle. Her children also comment.</td>
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<td>A successful Ameritech executive wrestles with whether to cancel a family vacation in order to participate in a very important corporate restructuring. CD ROM includes interviews with co-workers, daughters, and husband.</td>
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<td>Bob Johnson: The Life and Career of a Divisional Chief Executive Officer</td>
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<td>Bob Johnson, just retired CEO of Honeywell Aerospace, has money, fame, power, and is facing a divorce and an uncertain future. Beset with Attention Deficit Disorder (ADD) and Obsessive Compulsive Disorder (OCD), he has learned to manage his career well. He's offered a job in Dubai to establish a new aerospace industry there, but it will disrupt his intended retirement, family and new house-building. CD ROM available.</td>
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<td>James Harold Clawson: The Life and Career of a Chief Executive Officer</td>
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<td>An intimate view of the former CEO of Puget Sound Power and Light, Seattle Washington, including discussions of how he managed his career and his marriage and family life. Includes a comment by his wife about how sometimes she thinks he doesn't even SEE her needs.</td>
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