



# **B Is for Balance: A Nurse's Guide for Enjoying Life at Work and at Home**

*Sharon Weinstein*

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## **B Is for Balance: A Nurse's Guide for Enjoying Life at Work and at Home** Sharon Weinstein

Every professional wants balance between life at work and at home, but how do you find that in today's overworked, overscheduled world? Expert Sharon M. Weinstein shares her secrets with you-as a mom, wife, clinician and business owner-in this practical and insightful book. Look for hundreds of useful ideas, tips, and tricks for rebalancing your life and grabbing those goals that are just within reach!

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