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Men at Work: Life Beyond the Office

James E. Dittes

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Men at Work: Life Beyond the Office James E. Dittes

Many men define themselves almost exclusively in terms of their work. Often their relationship to work resembles a one-sided love affair: they give their work absolute devotion in the hopes of finding wholeness but find instead only disillusionment. In this book, James Dittes helps men define the proper place of work in life and recognize unhealthy dependencies to work. Offering more than a how-to book on overcoming workaholism, Dittes provides profound spiritual support for men as they reevaluate and reclaim the rest of life's possibilities.

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