

Title:

Work Life Balance: Adding White Space

Word Count:

715

Summary:

May this article help you cast a fresh eye on what work life balance means to you and take a f

Keywords:

work life balance, article, life, work, articles, balance

Article Body:

You most probably heard that work life balance is called the "holy grail of the 21st century.

Graphic designers and layout people will tell you that white space is what makes it possible f

White space facilitates delight: it makes it possible for the contents of a page or of a life

Because it is empty, it is tempting to fill white space when the pressure is on. If you've eve

The same thing happens when there is not enough white space in our lives. When we steal time f

However, if we expand or maintain white space in times of great challenge, we will often notic

I wrote a version of this article in September, 2001, when I realized that grappling with the

I'm renewing my commitment to white space for the next few weeks. I leave for a month-long vac

If there is not enough white space in your life to sustain work life balance, or if, like me,

Caring for white space can allow the shape of what is truly important to emerge while giving u

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