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Could You Be A Workaholic?

By David Leonhardt

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If you need to put on boots and grab a lap-top computer to relieve yourself at night, you might be a redneck workaholic.

It never crossed my mind that there could be such a thing as a redneck workaholic, until I read a column on "Are you a workaholic?"

"Did you read this?" I asked my wife. "Are you a workaholic? It looks just like those you-might-be-a-redneck jokes."

My wife studied the page. "Maybe it was written by a redneck alcoholic." She suggested.

"Workaholic, not alcoholic."

"How do you know the writer is not an alcoholic?" she demanded.

"I don't. But the column is about workaholics, and it reads just like a series of redneck jokes."

"Well, maybe it was written by a redneck workaholic, then." She suggested.

"No way. There is no such a thing."

"Why not?" she wanted to know.

"Because workaholics sit late in front of computer screens and steroid-laced in-boxes, wearing \$500 suits and \$550 haircuts. Folks out here wear \$19.95 jeans and occasionally wash their hair."

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"But many of them do spend late hours in front of their computers," my wife pointed out.

"Like who?"

"Like you."

"Oh, yeah..."

"Being a workaholic is not just about computers and offices and taking out a mortgage for a haircut," she added. "Look at Buster."

"Buster?"

"Sure, every time he's set to retire, he goes and buys another machine," she pointed out. "One year it was a backhoe. Another it was a dump truck."

"Wow, he must be desperate this year."

"Why?" my wife asked.

"Because this year he bought a whole combine..."

"Ooh, that does sound desperate."

"...plus a farm to use it on!"

"See?" my wife smiled. "You don't have to live in the city to be a workaholic. There can be such a thing as a workaholic redneck."

"That's a pity. Being a workaholic means missing out on a lot of life."

"That's true, but it's not just city folk who miss their kids growing up or are too busy working to help their wives clean the dishes."

I took the hint and picked up a drying cloth. "You mean that anyone can get caught up in work, and lose sight of what's really important? Even farmers, moat diggers and the guy who sorts through the trash at the dump looking for the tastiest morsels to throw to the gulls?"

"I suppose so," she answered with that what-have-you-been-smoking look on her face. "Why not try to see if workaholic redneck jokes work?"

"Well, if you look forward to Christmas this year, because you might take the afternoon off from tilling the land, you might be a workaholic redneck."

"That's the spirit," she encouraged.

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I tried another, "If you're drinking your morning coffee from a dirty mason jar from yesterday, you might be a workaholic redneck."

"Very good," she praised.

"If you stick family pictures to your backhoe window to remind you what they look like, you might be a workaholic redneck."

"Why not try one more, just to make sure?" my wife suggested.

"OK, if you bring your work with you to your son's baseball game, you might be a workaholic redneck."

"Uh, OK..." she began.

"And if nobody complains about the smell, you might live in a town full of workaholic rednecks!"

"You got it!" she shouted.

I realized that I had spent way too much time talking about workaholic redneck jokes. There was only one thing I could do to compensate.

I tossed aside the drying cloth, grabbed my lap-top computer and rushed to the outhouse to catch up on a few hundred urgent emails.

David Leonhardt is a humor columnist <http://www.thehappyguy.com/positive-thinking-free-ezine.html> He is author of *Climb Your Stairway to Heaven* http://www.iuniverse.com/bookstore/book_detail.asp?isbn=0-595-17826-X Read more personal growth articles: <http://www.thehappyguy.com/self-actualization-articles.html> Visit his liquid vitamins store: <http://www.vitamin-supplements-store.net>

Overcoming Work Addiction

By Lorraine Pirihi

Overcoming Work Addiction

by: **Lorraine Pirihi**

Why are you so busy? Do you really have too much work? Is work so important to you that you'll sacrifice just about anything in your life to get the job done? Even if it's at the expense of your health and your relationships?

If you find these questions disturbing then see how you rate with these ones:

Do you work more than 50 hours a week?

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Do you dream about work?

Do you feel that in order to succeed you must work late most of the time?

Are you a stranger in your own home?

Do you constantly miss family and social events because you're always working?

Do you schedule and undertake more than you can get done in a 40-hour work week?

Do you get bored when you're not working?

Is missing family and social events because of work unavoidable?

When on holiday do you constantly check your phone messages and email?

Your Score

The greater the number of yes answers, the closer you are to fitting the profile of a workaholic. If you've answered yes to more than half of the questions, it's time to take stock before you lose your health, family and everything you hold near and dear to your heart.

Do a Stocktake

First, of all take a really good look at your job, what you do and the importance of your accomplishments. Are you appreciated for all those long hours you've put in? Does it really – I mean really – make a difference to your income? Let's face it. In today's economic environment, employees are often nothing more than expendable pawns. No amount of overtime and sacrifice will make a difference when a company has to make cutbacks.

Are You Having Fun?

Secondly, determine if you're having fun at your job, long hours notwithstanding. If you're not having fun and are popping antacids to avoid a stress-related ulcer, then you need to rethink all that hard work you're putting in. Fun must be a high priority in your life and your job should be no exception.

Gary's Story

In one of our coaching sessions, Gary told me he wanted to expand his social circle yet didn't have time because he worked from 7.30 a.m. to 7.00 p.m. most days. He said he'd been doing this for years and that it was 'the norm' in his profession.

As I continued to question him about why it was standard procedure to work these ridiculous hours, he realised that those colleagues who succumbed to this belief were all very unhappy individuals. Most of them were divorced just like he was and had no-one to go home to. They used work as a way to avoid the loneliness.

Gary was divorced because he didn't pay attention to his relationships. He would arrive home at 7.30 p.m. most nights and his wife wouldn't bother communicating with him. She was busy looking after their two young boys and meeting their needs. At that time of night his wife was putting the kids to bed.

Gary would read them a story if they hadn't already fallen asleep.

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He was missing out on everything that was important to him.

Unfortunately Gary didn't wake up to himself in time and got caught up with being 'Mr. Important' at work. He paid a heavy price with the divorce which followed.

Bringing Up Kids

In his book "Raising Boys", Stephen Biddulph categorically states: If you routinely work a fifty five or sixty hour week, including travel times, you just won't cut it as a dad.

He says: Your sons will have problems in life and it will be down to you.

The Final Word

If you seriously want to make changes to your life, then take action now. If it's too hard to do by yourself, get a coach. If you've been a workaholic it can take awhile to break your old habits and to instill new behaviours. After all you've got everything to gain by working less and everything to lose by continuing the way you are.

Lorraine Pirihi, principal of The Office Organiser (

) is Australia's

Personal Productivity Coach

Lorraine specialises in working with businesspeople showing them how to dramatically boost their productivity, reduce the stress and the mess in their lives and have more time for enjoying their life.

We Offer a Broad Range of Services and Products including: Coaching for small business owners and professionals Keynote presentations and workshops Books, CD's, DVD's and on-line learning programs

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