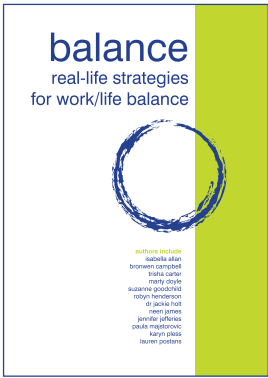


BOOK LAUNCH Brisbane



balance
real-life strategies
for work/life balance



isabella allan
bronwen campbell
trisha carter
marty doyle
suzanne goodchild
robyn henderson
dr jackie holt
neen james
jennifer jefferies
paula majstorovic
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lauren postans

You are invited to celebrate the launch of
balance real-life strategies for
work/life balance

Book Launch in Brisbane

DATE: Monday 22nd May 2006
TIME: 6pm-8pm
VENUE: Australian Institute of
Management
Cnr. Rosa and Boundary Sts,
Spring Hill (car park opposite AIM building)

RSVP 19 May 2006
Ph: 07 5523 0123
Fax: 07 5523 0153
Email: robyn@seachangepublishing.com.au

Light refreshments and canapes will be served and you will have the opportunity to meet and hear from a selection of the authors, have your complimentary book personally autographed and celebrate our special night.

Please let us know ASAP, if you are able to join us on May 22.

Registration and purchase details overleaf.

**Tickets
\$30
each**



Sea Change
Publishing

LAUNCH TICKET

Unicom Graphics 4/06

REGISTRATION

YES, I am looking forward to attending the Book Launch in Spring Hill, Brisbane on **Mon 22nd May** from 6pm-8pm



Sea Change
Publishing

Name:

Address:

Ph:

Fax:

Email:

To purchase tickets, please complete form at right and fax or send to us ASAP.

Name of friend*

*Please phone me to confirm any other guest names.

Fax registration to: 07 5523 0153

PURCHASE LAUNCH TICKETS

I would like to purchase TICKETS
@ \$30.00 incl. GST per person Total \$
Please phone me on to confirm my
guests names.

PAYMENT:

Visa Mastercard Cheque

Name on Card:

Card Number:

Expiry:/..... Signature:

I can't attend on May 22nd, but would like to purchase a copy of this book at the special rate of \$27.50 incl. P&H.

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ABOUT THIS BOOK

Is there really any such thing as true work/life balance?

Does constantly striving to achieve a harmonious balance between work and life simply add to our growing stress levels? Many of us are already feeling the extra stress, but we keep trying to juggle our responsibilities, obligations, commitments, needs, wants, desires and passions anyway. If you've ever had the feeling that it's just not working, you're not alone.

Perhaps it is time to reconsider the concept of work/life balance and look at balance as a journey, not a destination.

In this book, you'll learn practical, real-life strategies and techniques from a combination of work/life balance experts as well as everyday people, who have designed work/life balance systems that work. These systems have been designed to help you better integrate everything that you need and want to do in your life - all whilst remembering to enjoy the journey along the way.