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A Journey of Work-Life Renewal
The Power to Recharge & Rekindle the Passion in Your Life
Bonnie Michaels and Michael Seef
Managing Work & Family, Inc.

Have you lost the passion in your life? Do you need to recharge and renew your work/life? Bonnie Michaels, an internationally recognized work/life expert, has been helping companies and individuals with work-life strategies since 1987. When she experienced severe burnout, she took her own risky advice of "taking time off" to recharge. So she and her husband, Michael Seef, embarked on an unusual renewal journey. Imagine pulling the plug in mid-life and traveling around the world with one suitcase each, a simple plan and a budget! This book recreates their yearlong inner and outer journey to find meaning in work and life. They share their thought-provoking stories, personal triumphs, lessons learned and how they became renewed. Their adventures and self-discoveries will inspire you to renew your life.

As you read this book you will:

- Become motivated by this authentic and insightful adventure
- Get courage, inspiration and knowledge for self-renewal
- Examine your own day-to-day existences
- See how other people live their dreams and be inspired to live yours
- Learn how to evaluate the renewal process from planning to re-entry
- Learn about practical renewal lessons when you can't get away

This trim (5.25x8) perfect bound trade paperback is easy to carry and is packed with 233 pages recounting a fascinating and inspiring voyage, with many lessons and checklists for readers. Your investment for starting down the path to renewal is just \$13.95. For more information, call 847/864-0916 or e-mail mwfam@aol.com.

Yes, I'd like to order _____ copies of *A Journey of Work-Life Renewal, The Power to Recharge & Rekindle the Passion in Your Life* for \$13.95 plus \$5.00 shipping/handling (Illinois residents add 8.7% sales tax). Quantity discounts available.

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