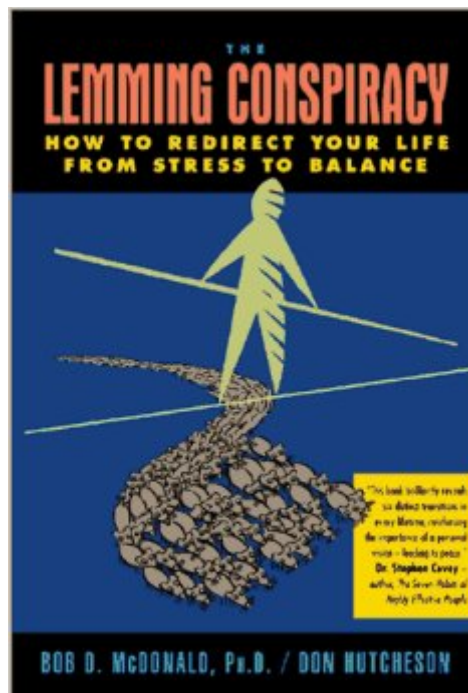


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The Lemming Conspiracy: How To Redirect Your Life From Stress To Balance (Includes Bibliographical References)



Synopsis

The pressure to achieve on the job usually undermines efforts to create a fulfilling life at home. And, even as personal pursuits are sacrificed to "get ahead", many people wonder if they are traveling down the wrong career path. Based on the principles of the authors' highly successful career counseling program, this book demonstrates how readers can take control of their lives, rectify career dissatisfaction, and avoid burnout.

Book Information

Series: Includes Bibliographical References

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,660,788 in Books (See Top 100 in Books) #50 in [Books > Business & Money > Business Culture > Health & Stress](#) #3680 in [Books > Self-Help > Stress Management](#) #112071 in [Books > Politics & Social Sciences > Social Sciences](#)

Customer Reviews

After reading the first few pages of TLC, I had to put it down for a moment. The authors had described the last three years of my life almost perfectly. I didn't put it down again for two hours. I'm a highly compensated information worker who "has it all" by most people's standards, but still feels unfulfilled. TLC showed me how to examine my talents and skills and use them more effectively to achieve what I really want from my life. I cannot recommend it highly enough.

I bought The Lemming Conspiracy because I liked the title. And I'm glad I did. No book has hit a greater nerve with me. I don't know how many times I have gone to work thinking that my real calling lay elsewhere. And after reading this book I was amazed at how all pervasive this feeling is: it got me thinking about how much happier we would all be if society had a different system for career placement. This book is a tremendously effective motivational tool. I am not a big fan of so called self help literature, they all come on so gung ho and hokey, as if they had all been written by

Richard Simmons on Mescaline. The Lemming Conspiracy is an engaging and intelligent read, it does not talk down to you, and it is written with a passion that jumps from the page. I cannot recommend this book highly enough.

Yes, finally a clear and direct approach to asking the questions we all need to be asking of ourselves, namely, "who am I, what do I want out of my life, and how do I go about asking the right questions which will provide a path for me to follow?" So many books of this genre are well-meaning but tend to wallow in emotionalism and pop-psychology babble once the deeper issues come up. I found these authors better able to cut through the cobwebs, and they provide a balanced framework for reaching the next level in our careers, our relationships, our lives. We all have patterns of behavior (conditioning) which we've learned, from family, friends, associates, which we can see only if we're willing to look at ourselves honestly - and what does THAT mean? This book can help. Certain patterns hold us back from being and living "real". We're all lemmings to a degree. The book is a fine guide on how to find the pearls of our true selves beneath the layers of family, school, business and social "systems" which in truth have only their own interests at heart. If you're serious about finding a way off the treadmill towards a balanced, value-driven and individual manner of living, buy this book and do this work. Your life will explode with richness.

Unlike other career guidance books that force the reader into existing job titles, this book offers wonderful insights and process to guide you to developing and designing your own customized career/job. TLC looks at the whole person, and factors in the need for personal and professional balance to get more out of life. Kudos to the authors for writing a book that instilled the courage to break-away and do what I love, leading a life I look forward to each day.

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