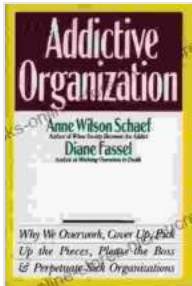


# Why We Overwork: Cover Up, Pick Up the Pieces, Please the Boss, and Perpetuate



The Addictive Organization: Why We Overwork, Cover Up, Pick Up the Pieces, Please the Boss, and Perpetuate S by Anne Wilson Schaeff

★★★★☆ 4.2 out of 5

Language : English  
File size : 1020 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 242 pages



Overworking has become a common problem in today's workplace. In fact, a recent study by the American Psychological Association found that 40% of Americans report working more than 50 hours per week, and 20% report working more than 60 hours per week.

There are many reasons why people overwork. Some people feel that they have to overwork in order to keep their jobs. Others feel that they have to overwork in order to get ahead. And still others feel that they have to overwork in order to meet the expectations of their boss.

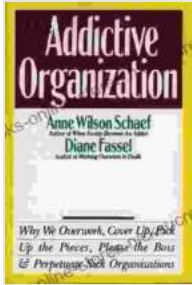
Whatever the reason, overworking can have a significant impact on our health, relationships, and overall well-being. Overworking can lead to:

- Physical health problems, such as heart disease, stroke, diabetes, and obesity
- Mental health problems, such as anxiety, depression, and insomnia
- Relationship problems, such as divorce and separation
- Job dissatisfaction and burnout

So, what can we do to break the cycle of overwork? Here are a few tips:

- Set boundaries. Decide how many hours you are willing to work each week, and stick to it. Don't let your boss or coworkers pressure you into working more than you want to.
- Take breaks. Get up and move around every 20-30 minutes, and take a longer break for lunch. This will help you to stay focused and productive.
- Delegate tasks. If you have too much work to do, don't be afraid to delegate tasks to others. This will free up your time so that you can focus on the most important tasks.
- Say no. If you're asked to do something that you don't have time for, don't be afraid to say no. It's okay to set limits.
- Take care of yourself. Make sure to eat healthy, get enough sleep, and exercise regularly. This will help you to stay healthy and productive.

Breaking the cycle of overwork can be difficult, but it's important to remember that you are not alone. Many people have been in the same situation, and they have found ways to break free. If you're struggling to overwork, don't be afraid to reach out for help.

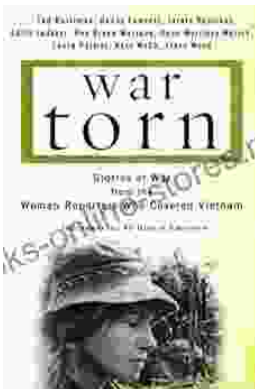


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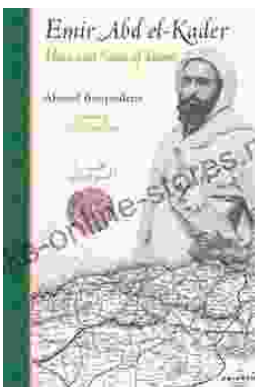
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