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Work better by working less

by Tom Gallagher

NCR Today

The acute stress of unemployment, budget cuts, longer work hours for the employed and uncertainty are the hallmarks of today's job market. Technology has enabled us to be on-call 24/7.

Fortunately, The Wall Street Journal describes in detail the merits of making sure workers take time off, have dinner with their families, get refreshed.

All of us should embrace this notion that taking time for yourself and your family is actually a good thing for the workplace and productivity.

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