



# Stress Free Living: Love Your Work Today ~ Love Your Life Forever!

*Jim Koehneke*

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## **Stress Free Living: Love Your Work Today ~ Love Your Life Forever!** Jim Koehneke

Stress is not normal, especially with regard to work. When we love what we do and are good at it, when the work aligns with our sense of values and provides service or assistance to others, we feel like we've hit a home run. But if you are not happy with your job, or even out of work due to a layoff or downsizing, is it possible to find work that is fulfilling even in your 40's, 50's, 60's? You bet it is!

As a Career & Life Coach for the past 25 years I have come to the conclusion that only about 25% of the workforce love what they do and experience real joy in their work. It's not unusual to find more and more individuals seeking greater creativity, freedom, and fulfillment in self-employment. Yet self-employment is not a panacea either, because that can bring with it lots of headaches if one is not cut out for it, knows the ropes, has all the skills necessary, or has a plan that will work.

So what is the answer? Simply said, the path to loving your work is an inner-to-outer process that includes self-discovery, (clarifying strengths, passions, and values), and recognizing the joy that contributing to others can bring by aligning with one's Soul Purpose. This book takes you on that journey; provides important questions to consider; and offers strategies, teachings, and tools for you to consider with the hope that by claiming your authentic self you will experience the zeal and passion of loving what you do you do in work and life.

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