



Shake your life: Der richtige Mix aus Karriere. Liebe. Lebensart (Dein Leben) (German Edition)

Ralph Goldschmidt

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Der Traum von der schnellen Karriere ist ausgeträumt. Bei den Menschen heute steht eine gesunde Mischung aus Privatem und Arbeit ganz oben auf der Wunschliste an ihren Arbeitsplatz. Work-Life-Balance ist besonders für jüngere Arbeitnehmer wichtiger als Arbeitsplatzsicherheit, Höhe des Gehalts, Unabhängigkeit, Firmenwagen - so das Ergebnis einer Umfrage der Zeitschrift WirtschaftsWoche (11/2009). Work-Life-Balance bedeutet heutzutage, überall top zu sein: im Sport, im Job, als Eltern, im Bett ... Wie kann man all diesen An- und Überforderungen gerecht werden und sich dabei die Leichtigkeit und den Spaß am Leben bewahren? Das ist allabendlich das Thema in der Jangada Bar. In sieben frech und dynamisch erzählten Geschichten, erfährt der Leser, wie er seinen individuellen Lebensstil finden und scheinbare Gegensätze integrieren kann. Im Mittelpunkt steht Barmixer Bruno, der seinen Gästen sieben Prinzipien für mehr Leistungskraft und Lebensglück vermittelt und daraus sehr individuelle und süffige Cocktails mixt. Ein hochprozentiges Lesevergnügen!

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