



How to Create a Healthy Home Business

Anthony Ekanem

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If you run a business from home, then it's important to recognize that it's going to mean living a completely different lifestyle from the majority of people you know. Not having a commute in the morning, not spending all day sitting in an office and being able to generally create your own working hours puts you on an entirely different page from most people you'll know. For the most part, this is a good thing. Being able to set your working hours, to dictate the way you work and when you work and getting to spend time doing something you love can all contribute to a much happier and healthier lifestyle on the whole. In fact, it's a starting point for improving overall health.

At the same time though, this type of lifestyle also brings with it its own challenges. And because very few people live the same lifestyle you do, that means you're going to be somewhat 'on your own' when it comes to finding advice on how to manage this work-life balance.

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