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**CAREER EXPERT ANNOUNCES RELEASE OF BOOK ON  
IN-DEMAND TOPIC OF ACHIEVING WORK/LIFE BALANCE**

*This Step-by-Step Book Can Help Stressed and Exhausted Workers  
Achieve Balance: They Start by Making One Small Change to “Get Juiced”*

March 2007 — In a society in which thousands of people feel overworked, undervalued, and just plain exhausted, Career Specialist Elizabeth M. Lengyel offers a refreshing remedy with her new book, *Getting Juiced About Your Life! How to Make Lasting Change Toward Work/Life Balance™*. President of PeopleCoach Inc., Lengyel shares her “secret” to achieving work/life balance: Being energized and engaged in your full life. Newly released, her book helps readers begin to achieve work/life balance by making one small, lasting change to their lives. “And,” she advises, “make it something that juices you!”

Why is work/life balance such a hot topic for today’s workers?

- According to Statistics Canada, roughly half of today’s Canadian labor force is experiencing conflict between their work and non-work lives. Large-scale surveys conducted in the early 1990s—and again in 2005/06—by the Conference Board of Canada and Duxbury-Higgins and Associates have found consistent evidence that time stress and work/life conflict are on the rise. Plus, work/life conflict and stress have been connected to increases in illness, depression, anxiety, accidents, injury, and prescription drug use.
- A 2003 study by Ezzedeen and Swiercz reveals that employees are often preoccupied with work when not working. When they’re in the company of family and loved ones, they are unable to be meaningfully engaged. In their study,

they noted: “Modern work has become knowledge based, fluid, and intellectual; overworked people think about work all the time. For many people, work has become cognitively intrusive.”

- Canadians who hold full time jobs average a total workday of 10.5 hours (calculated from Statistics Canada).
- To make matters worse, many people “catch up” by burning the midnight oil and rising early. According to the National Sleep Foundation’s 2005 “Sleep in America” poll, 60% of adult drivers—about 168 million people—say they have driven a vehicle while feeling drowsy in the past year, and more than 37% (103 million people) have actually fallen asleep at the wheel!

Clearly, Canadians and Americans are experiencing an extreme lack of time and, consequently, lack of work/life balance.

“It’s critical to have work/life balance in our lives,” says Lengyel, who is a career coach, business consultant, author, and professional speaker. “Work/life balance affects our relationships with our family members, our job satisfaction, and our health. People have become simply too tired to live their lives, let alone be juiced about anything.” This leads to accidents, divorce, poor performance at work, becoming overweight, heart attacks, and other health problems, she adds.

“The key to achieving work/life balance is being energized and engaged in your full life,” she explains. In *Getting Juiced About Your Life! How to Make Lasting Change Toward Work/Life Balance*, readers:

- Discover how to simplify, calm the chaos, and gain a sense of control.
- Identify what gets them juiced now, then learn how to springboard this to re-energize other areas of their lives.
- Jump-start their “juice” by making one small change in their lives right now.

To purchase *Getting Juiced About Your Life! How to Make Lasting Change Toward Work/Life Balance*:

- Visit [www.PeopleCoach.com](http://www.PeopleCoach.com) and click the Buy the Book page.
- The cost is only \$12.95 (Canadian), including free shipping to Canada and the continental United States.

### **About Elizabeth Lengyel and PeopleCoach Inc.**

Career coach, business consultant, author, and professional speaker Elizabeth M. Lengyel is passionate about getting people juiced in their lives. As president of PeopleCoach Inc. (based in southwestern Ontario), Lengyel is a trusted career coach to many clients, from part-time employees to high-level executives who thirst for career change or have been forced to make a change because of corporate restructuring. As a highly skilled business consultant, she brings to her programs exceptional experience and expertise on human-resource subjects based on solid research and success principles. Lengyel is often quoted by the media, has published numerous articles, and is author of *Getting Juiced About Your Life! How to Make Lasting Change Toward Work/Life Balance*<sup>TM</sup>. In addition, she's an in-demand keynote speaker at conferences on diverse issues including careers that fit, work/life balance, change management practices, and implementing effective recruitment, retention, and engagement strategies. Learn more about Elizabeth M. Lengyel and PeopleCoach Inc. at [www.PeopleCoach.com](http://www.PeopleCoach.com).

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