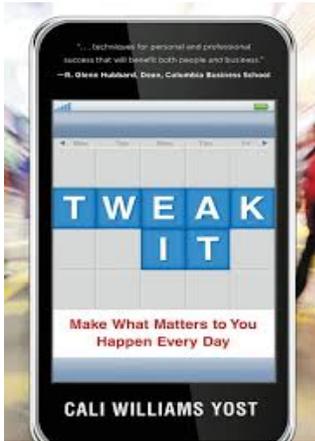


# July 2013



## ***Tweak It: Make What Matters to You Happen Every Day* by Cali Williams Yost**

As the demands of work grow more intense, personal life can get shoved to the side. But resolving the job-versus-life conflict doesn't require the kind of big, disruptive, scary transformation that so many time-management "experts" recommend.

In *TWEAK IT*, Cali Williams Yost proves that a comfortable work+life fit can be achieved through making small, consistent, everyday changes--*tweaks*--that, cumulatively, will optimize job performance *and* well-being.

We live in a highly mobile, always-on 24-7 society that seems to have a constant grip on our lives. We are forced to squeeze extra hours out of each day, whether we are tech savvy individuals taking on many roles, hard-working parents juggling kids and careers, Baby Boomers facing a late or possible working retirement, or adult caretakers who must be available for loved ones at the drop of a hat.

We all want to:

- Live with less stress
- Have more fun
- Spend quality time with family
- Achieve success

*Tweak It* shows us how to fit it all in, using simple changes that help us easily negotiate micro-tradeoffs in the office and at home to bring about maximum personal benefit.

Yost believes that a work+life fit comes about when we build for ourselves a foundation of everyday contentment and order, which begins when we acknowledge the "seven modern truths about work and life."

- Truth #1: There is a new work+life reality for all of us.
- Truth #2: We can and must be our own advocate.
- Truth #3: The goal is work+life "fit," not "balance."
- Truth #4: Major life events matter, but it's the everyday routine we crave.
- Truth #5: We may think we manage our work and life, but most of us don't.
- Truth #6: Small, regular actions make a big impact.
- Truth #7: Together we can start the Tweak It revolution.

Are you ready to:

- Make it to the gym
- Master a new job skill or hobby
- Get that project in by the deadline
- Watch a movie with friends
- Sit down to dinner with the family

If you answered YES, then you are ready to *Tweak It*.

**To discover how to "Tweak" your life for a better work+life fit, stop by Room 1013, call (251-690-3182) or email ([Cheryl.b.martin@usace.army.mil](mailto:Cheryl.b.martin@usace.army.mil)) to check out "*Tweak It*" (HD4904.25 .Y67 2013).**