



B is for balance: 12 steps toward a more balanced life at home and at work

<https://iha.andornot.com/permalink/library18769>

Author: [Weinstein, Sharon M](#)
Edition: 2nd ed.
Place: Indianapolis IN
Publisher: Sigma Theta Tau International
Pub Date: 2015
Physical Description: xxi, 311 p. : ill.
Format: Book
Subject: [Nurses](#)
[Burnout, Professional](#)
[Nurse's Role](#)
[Quality of Life](#)
[Workload](#)
[Wellness](#)

Notes: Includes index.
ISBN: 9781938835841
Call No.: WY 87 W423 2015
Location: KGH Library Wellness
Loan Policy: 21 days