

# Recover Your Balance: How To Bounce Back From Bad Times At Work

By Ann Lewis



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May 22, 2010 The following is a guest blog post by Ann Lewis, author of Recover Your Balance how to bounce back from bad times at work. It was one of the worst work

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About alewis Ann Lewis trained as a coach in 2002 and left HR for her own Ann is author of Recover Your Balance how to bounce back from bad times at work.

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