

Contents

<i>List of Figures</i>	<i>page</i> ix
<i>List of Tables</i>	x
<i>Preface</i>	xi
<i>Acknowledgments</i>	xv
<i>About the Author</i>	xvi
Part I Introduction	1
1 Life Balance: Setting the Stage and Understanding the Language	5
2 The Imbalanced Life	17
Part II Interdomain Strategies to Increase Overall Life Satisfaction and Achieve Balance	29
3 Engagement in Social Roles in Multiple Life Domains	31
4 Engagement in Roles in Health, Love, Family, Material, Social, Work, Leisure, and Culture Domains	43
5 Engagement in New Social Roles	65
Part III Interdomain Strategies to Increase Domain Satisfaction and Achieve Balance	81
6 Integrating Domains with High Satisfaction	83
7 Compartmentalizing Domains with High Dissatisfaction	98
8 Reallocating Resources across Domains	116
9 Reducing Role Conflict	127
	vii

viii	<i>Contents</i>
10 Using Skills, Experiences, and Resources in One Role for Other Roles	142
Part IV Epilogue	153
11 Concluding Thoughts	155
<i>References</i>	160
<i>Index</i>	183