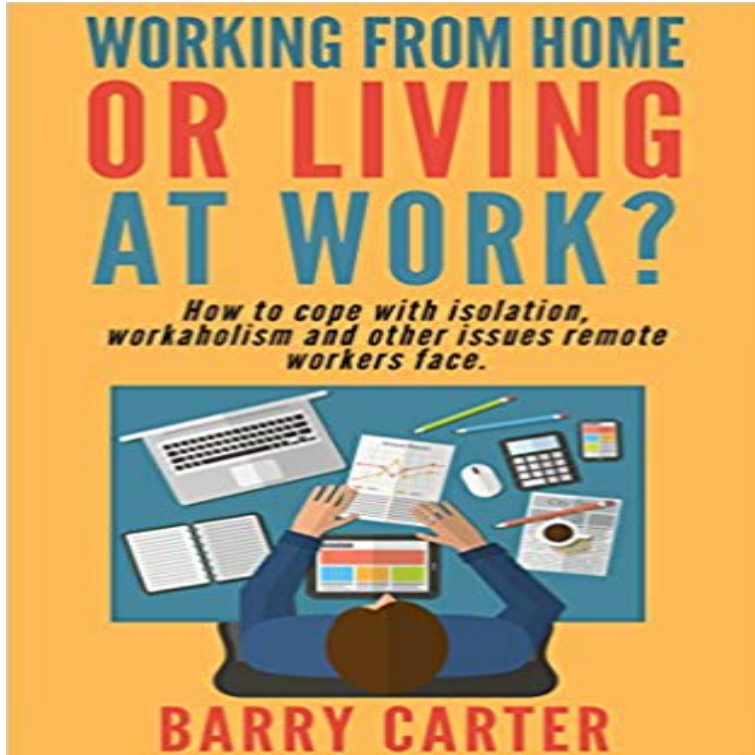


Working from home, or living at work?: How to cope with isolation, workaholism and other issues remote workers face.



More and more people now choose to work from home. This has been the dream of most workers for years, and now with the advances in technology, it is becoming a reality for many of them. However, working from home is by no means paradise. Having your office at home also means that you live in your place of work, and workaholism is a real concern. It is hard to unplug from work life to start your leisure time when you are constantly available online. Working from home can also be very lonely, and you can suffer from cabin fever when you suddenly no longer have co-workers by your side. In this book Barry Carter, who has been working from home as both a freelancer and a telecommuter for almost a decade, shares the methods he has employed to get the best of both worlds. If you work from home, or plan to, this book will help you enjoy the benefits of working with complete control of your own time, while also avoiding the pitfalls of working in isolation.

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