



# Just Enough: Tools for Creating Success in Your Work and Life

*Laura Nash, Howard Stevenson*

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In *Just Enough*, top Harvard professors offer a revealing, research-based look at the true nature of professional success, helping people everywhere live more rewarding and satisfying lives. True professional and personal satisfaction seems more elusive every day, despite a proliferation of gurus and special methods that promise to make it easy. They conclude that many of the problems of success today can be traced back to unrealistic expectations and misconceptions about what success is and what constitutes it. The authors show where the happiest and most well-balanced among us are focusing their energy, and why, to help readers find more balance and satisfaction in their lives.

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