

Contents

Acknowledgments	ix
Introduction: Glorification of an Illness	1
Part I: Work Addiction: The New American Idol	
1 Who, Me? A Workaholic—Seriously?	13
2 How to Spot Work Addiction	29
3 When Work Addiction Hits Home	49
4 Inside Your Workaholic Mind	67
5 Childhood and the Making of a Workaholic	85
6 Spouses and Partners of Workaholics	101
7 Children of Workaholics	119
8 Risky Business: Work Addiction in the Company	139
Part II: Recovery from Work Addiction	
9 Your Workaholic Brain	163
10 Mindful Working	179
11 Your Work Resilient Zone: Finding Your Positive, Compassionate Self	195
12 Work-Life Balance and Workaholics Anonymous	213
Appendix	229
Notes	239
Index	253
About the Author	262

This page intentionally left blank