

Is work-life balance merely a myth?

By John Wenzel, Denver Post

Tired of hearing about that elusive work-life balance?

You're not alone. The concept, which promotes the idea that we can find an equilibrium between our home and work lives, has seen a backlash in recent years, with some calling it a myth that leads to unrealistic expectations and stress.

But while writers and business experts debate what to call it, the fact is that most of us still need a strategy for tackling these competing demands – especially as we grow ever-more connected to our smartphones and electronic devices.

“There's power in discussing it,” said Teresa A. Taylor, a Denver-based business speaker and author of “The Balance Myth: Rethinking Work-Life Success.” “You realize you're not alone and that there can be ways through it if you share your experiences.”

Different terminology rings true with different people, but a good idea can be helpful regardless of how it's delivered.

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