



Handbook of Work-Life Integration Among Professionals: Challenges and Opportunities (Elgar Original Reference)

Debra A. Major, Ronald J. Burke

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How work and family lives can be effectively managed has been a hot topic of public debate in recent years. This Handbook integrates current thinking and research evidence regarding how professionals navigate multiple life roles to achieve satisfaction and fulfillment.

Drawing on the expertise of top work-life scholars, the book offers a comprehensive treatment of the challenges and benefits encountered in work-life integration. The topic is approached from multiple angles, including how technology, family structure over the lifespan, work organizations' cultures and policies, and national culture influence the way professionals manage their roles across the work and family domains.

This innovative volume confronts the similarities and differences in women's and men's work-life experiences. Individual and organizational solutions to work-family conflict and strategies for work-life enrichment are explored. It will strongly appeal to students, scholars and professionals in human resource management courses.

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