



## **Eisner of NGKF discusses favorite tip for balanced living**

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What is your favorite tip for balanced living?

You have to set realistic priorities in terms of non-work activities and work towards enhancing workday productivity in order to meet these goals, of course being flexible when faced with a real work crisis. I have learned that an hour at the gym can often provide fresh insight on a difficult project and ultimately prove more beneficial than staring at the computer screen for 15 hours. Utilize technology to make the juggling process easier.

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