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coach and author of Overworked and Overwhelmed: The Mindfulness Alternative, being overworked and overwhelmed? Eblin: Scott should try

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Overworked & overwhelmed - remarkable learning

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Scott Eblin is an executive coach, speaker and the author of two books. His latest is Overworked and Overwhelmed: The Mindfulness Alternative.

Overworked and overwhelmed? try mindfulness

Overworked and overwhelmed? Try Mindfulness. Think about when you are at your best, in peak performance mode. What routines help you show up as your best

What to do when you are overworked and

according to Scott Eblin, the author of "Overworked and Overwhelmed: The Mindfulness Alternative." Scott Eblin, the author of 'Overworked and Overwhelmed:

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