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Pressures to spend long hours at the office may conflict with demands or expectations from family members to spend time at home. Workaholism is a compulsive and progressive disorder. Workaholism is the most rewarded addiction in our culture. Workaholics have an intense, internal drive to work that leads to neglect of other interests and negative consequences- it is this intense, internal drive that is the crux of workaholism. As workaholics give in to their addiction to work, other aspects of their life usually tend to suffer, resulting in work-life imbalance, a

lack of energy available after work for non-work-related activities, and a strain between the demands of work life and personal life.