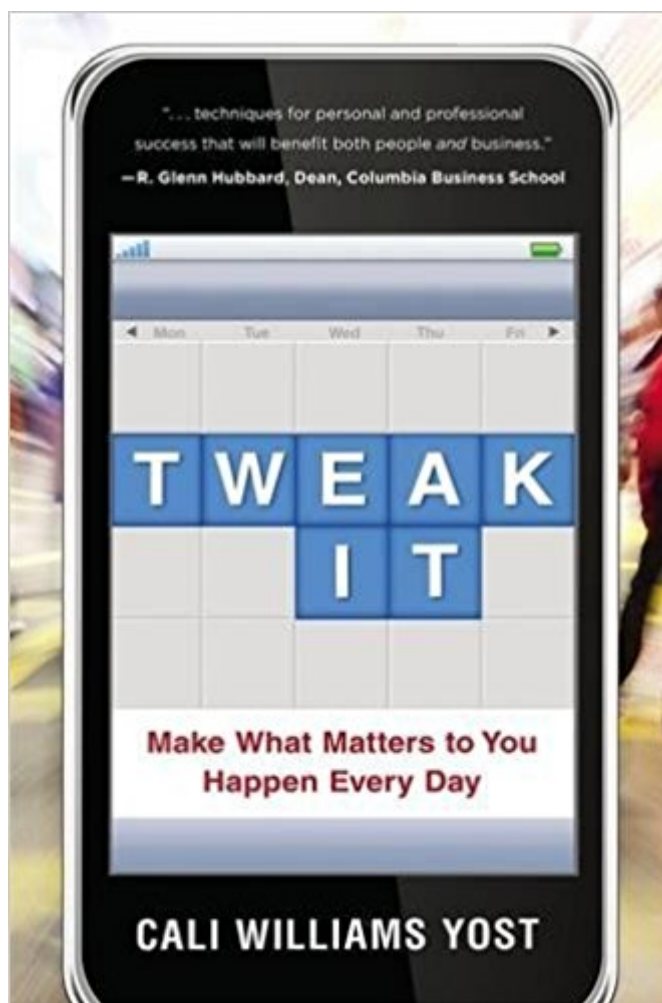


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# Tweak It: Make What Matters To You Happen Every Day



## Synopsis

As the demands of work grow more intense, personal life can get shoved to the side. But resolving the job-versus-life conflict doesn't require the kind of big, disruptive, scary transformation that so many time-management "experts" recommend. In *TWEAK IT*, Cali Williams Yost proves that a comfortable work+life fit can be achieved through making small, consistent, everyday changes--tweaks--that, cumulatively, will optimize job performance and well-being. This engaging, practical book, filled with case studies of people who've tweaked their way to professional success and personal satisfaction, guides readers through an easy-to-implement program that can be tailored to suit any individual's life, both on off the job.

## Book Information

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## Customer Reviews

Cali Yost is one of our wisest and staunchest thought leaders. In *TWEAK IT*, she delivers a brilliant mix of deeply researched and deeply practical advice that will improve the life of anyone who acts on it. A must-read book for anyone who is overextended, overworked--and passionate about their lives. [Susan Cain](#), bestselling author of *Quiet: The Power of Introverts* Organizational culture, management support, and human resource policies are important, but, ultimately, it is the individual who must determine their fit, and manage the process of achieving it. Cali Yost's latest contribution to the field, *TWEAK IT*, provides individuals with a simple yet elegant way to take hold of their lives and, in doing so, achieve their personal and professional goals. Filled with real-life cases and easy to execute tips and "how to's", *TWEAK IT* illustrates vividly how small changes can have a big impact on the quality of our lives and our relationships with those who matter

most. Professor Brad Harrington, Executive Director, Boston College Center for Work & Family

Cali Williams Yost has been shaping the global dialogue on work+life flexibility for nearly two decades. Yost is the CEO and founder of Work+Life Fit, Inc., a research and consulting firm that develops and implements the broad-ranging organizational and personal flexibility strategies that have become a strategic imperative for global business success. Clients range from BDO Seidman, LLP and Quaker/Tropicana to the United Nations, Ernst & Young and the U.S. Navy. A former commercial banker and graduate of Columbia Business School, Yost is author of the critically acclaimed *Work+Life: Finding the Fit That's Right for You*, the first "work+life "fit" handbook for individuals.

The message of this book can be summed up in a single sentence: "If you want to get something done, you have to put it on your calendar." The other big deal, the author says, is to keep your work and personal priorities on a single calendar, not separate ones. Now, I've just saved you \$19. Seriously, I can get as much done making a to-do list, which I do every week. I can't believe that the author has managed to fill up over 200 pages to talk about a glorified to-do list as if this is some kind of work/life balance breakthrough. I am mystified by the 4 and 5-star reviews here because 99% of what the author is saying is commonsense stuff about setting priorities and making room in your weekly schedule to do what you really want to do. What was most annoying to me was how many times the author wrote "Tweak It" or "tweak It" on every page, in capitals and italic, as if she was trying to copyright the phrase. It was distracting and annoying.

Through Cali's book I am making the small changes (aka "tweaks") to my life that when added up are making both my career and personal life richer and more fulfilling. I am certainly not a "natural" at being work+life fit - far from it. I want to do it all and help everyone I can. Now I am tweaking my daily / weekly priorities and find myself feeling more accomplished and happier, instead of just plain overwhelmed, stressed out, and unhealthy. Cali's Step 1 alone ("Create a complete picture, or Tweak It snapshot of your work+life fit") was one of those "Ah Ha" moments for me. Previously, my work and personal priorities always remained separate resulting in the personal side being drastically ignored. With a combined list of priorities, I am able to really figure out what matters most and am happier (and healthier) at work and at home. I no longer have to wait for some magical day

when I will somehow pull it all together because it is in the small daily tweaks, I am becoming the best version of myself. I don't know anyone who couldn't benefit from this book!

I'll start off by saying I'm biased. Cali interviewed me for this book, so my advice is a part of it. And I've known and admired Cali's groundbreaking work for years. When I was a careers columnist for The New York Times, I often called on Cali for her expertise about fresh ways to think about the work-life conundrum. I love that she steered the work-life discussion away from the unattainable concept of "balance" and towards "fit" and that she gets that all of us, not just working parents need to figure our fit. This book convinced me that having a good work + life fit is possible for anyone regardless of where they work, not just for the fortunate few who already work for employers who get it. If you want to change anything about how much you're getting out of your life, buy this book. And do what Cali recommends. It will take you a little time, but it's well worth the investment.

You know you have come across truly relevant inspiration in a book when you find yourself agreeing out loud with the author as you read. Such is the case with Tweak It. Author Cali Yost's engaging tone and practical wisdom provides an easy-to-follow guide for creating positive order in your life by making small changes, (or tweaks!) Tweak It's message is relevant for a broad population of readers: men, women, parents, non-parents and professionals at all career stages. More than just a how-to guide to super-organize oneself in order to run faster on life's treadmill, the book encourages the reader to define their personal vision of success and provides navigation through setting priorities and creating a customized plan to follow. The book also includes a handy compilation of brief tips from experts on topics ranging from personal health to home maintenance, making it even easier for the reader to dive in and start planning their journey of small changes. A must-read for anyone who wants to take control of their life and create a foolproof plan to make what matters to them 'happen every day.'

I'm only about 2/3rds of the way through but this is a fantastic book. I would recommend it to anyone looking to making work and life fit together.

This awesome book was an eye opener to tie your life together. The resources are fantastic. I would highly recommend for all ages. Inspiring to take control of your life before it takes control of you.

Lots of helpful ideas to make a better life possible almost immediately.

Well written instruction to recognize what your passion is, that you previously knew was there, but you didn't know how to live into it.

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