Chained to the Desk in a Hybrid World
PR A I S E F O R *C h a i n e d t o t h e D e s k i n a H y b r i d W o r l d*

“In this classic masterpiece, Bryan Robinson has written the universal guide on work-life balance, offering proven secrets to heal the chains that shackle us to our catastrophic dependence on achievement along with life-saving techniques.”
—Joy Erlichman Miller, psychotherapist and CEO of Resiliency Forums

“Bryan Robinson’s groundbreaking book arrives at a crucial time in our history. I know of no other book that better identifies this other pandemic of work addiction that takes a toll on individuals, their families, and the companies that foster it, yet is so revered in our culture.”
—Richard Schwartz, author of *No Bad Parts*

“A masterful exploration of the mind of the workaholic that offers creative and powerful practices to build resilience, increase mindfulness, and restore balance in the midst of a speedy and stressful culture.”
—Tara Brach, author of *Trusting the Gold* and *Radical Acceptance*

“A lifesaver for anyone who is burnt out and exhausted from working too much. It comprehensively explains the problems, provides science-based solutions, and tells personal stories that make a great read.”
—Kristin Neff, author of *Self-Compassion*

“A combination of heart-warming stories, cutting edge science, and transforming skills—all packaged in a true page turner that helps you find an immersive presence and fulfillment in life.”
—Amit Sood, MD, Executive Director, Global Center for Resiliency and Wellbeing

“Masterfully blends compelling stories with cutting-edge science to provide readers with a new way to think about burnout and science-based tools they can use to manage it. If you’ve ever found yourself struggling to break free from the incessant demands of work, this beautifully written book is for you.”
—Ethan Kross, best-selling author of *Chatter*

“This chillingly confrontational and profound book is about more than addictive behavior. It is about the tragic dimension of the human situation.”
—Harville Hendrix and Helen LaKelly Hunt, authors of *Getting the Love You Want*
Chained to the Desk in a Hybrid World

A GUIDE TO WORK-LIFE BALANCE

Bryan E. Robinson, PhD
This book is dedicated to my dear friends, colleagues, and fellow co-founders of our new company, ComfortZones Digital.

To Steve Glaser, Gina Cruse, Jim Bailey, and Eva Condron-Wells. It has been an honor to know all of you and a blast to create a new company with such caring people invested in supporting employees coping with work stress.
One of the marvels of the world is the sight of a soul sitting in prison with the key in its hand.

—Rumi