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LIFE / WORK-LIFE BALANCE

Work-Life Balance in focus: people, ideas and change

A people-centred look at Work-Life Balance, explaining its connection to everyday decisions, household life and personal wellbeing.

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By Sanjay Thapa - July 15, 2026 - Nepal

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This short editorial brief introduces the essential questions around Work-Life Balance and points readers towards the people, places and evidence that deserve closer attention.

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