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LIFE / WORK-LIFE BALANCE

## Why Work-Life Balance matters now

An accessible guide to why Work-Life Balance matters when considering everyday decisions, household life and personal wellbeing.

JULY 15, 2026



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**By Anisha Shrestha** - 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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