

Stage Five

Your many roles in life can lead to stress and overwhelm, leaving little time to enjoy the fruits of your labor. Resources for Stage Five help you optimize your time and energy in order to choose, then manage and maximize those chosen roles. In Stage Five, dealing with stress and finding balance in your life are key to progressing to the higher and ultimately more fulfilling stages of life.

Books

[Change Your Thoughts - Change Your Life: Living the Wisdom of the Tao](#)

By Dr. Wayne W. Dyer

Tips for a more balanced life using ancient Tao Te Ching

[Great Work, Great Career](#)

By Stephen R. Covey & Jennifer Colosimo

Find a job that matches your passions

[The Power of Focus: How to Hit Your Business, Personal, And Financial Targets With Absolute Certainty](#)

By Jack Canfield, Mark Victor Hansen, & Les Hewitt

Achieve financial success while living a balanced life

[Getting Things Done: The Art of Stress-Free Productivity](#)

By David Allen

Reduce overwhelm while still feeling productive

[What Color Is Your Parachute? 2012: A Practical Manual for Job-Hunters and Career-Changers](#)

By Richard N. Bolles

Easy workbook to help you find a new job or change your career

[The Career Change Resume](#)

By Karen Hofferber & Kim Isaacs

Step-by-step instructions to create a new resume

[Doing Work You Love: Discovering Your Purpose and Realizing Your Dreams](#)

By Cheryl Gilman

Practical technique to find your best job

[Thinking About Tomorrow: Reinventing Yourself at Midlife](#)

By Susan Crandell

Discover your next calling and change your path in midlife

[Multiple Streams of Income: How to Generate a Lifetime of Unlimited Wealth!](#)

By Robert G. Allen

How to make money on a part time basis

[Creating Wealth: Retire in Ten Years Using Allen's Seven Principles of Wealth](#)

By Robert G. Allen

Unique principles from a hugely successful financial professional

[The One Minute Millionaire: The Enlightened Way to Wealth](#)

By Mark Victor Hansen & Robert G. Allen

How to generate wealth in a short amount of time

[What Color Is Your Parachute? 2014: A Practical Manual for Job-Hunters and Career-Changers](#)

By Richard N. Bolles

Tap into your own unique gifts and skills to land your dream job or change careers.

Articles

[Having It All](#)

The line separating your job from your personal life is fuzzier than ever before. How do Americans cope with longer work hours, a sluggish economy and constant tugging from cell phones and the Internet?

[5 Tips for Better Work-Life Balance](#)

WebMD guides you through 5 practical steps toward better work-life balance.

[Coping with a Breakup or Divorce](#)

Action steps to take after your relationship ends

[Job Loss and Unemployment Stress](#)

How to cope with a job loss and being unemployed.

Websites

[Onet Online](#)

Extensive resource for career exploration and a career analysis tool. Find the right job/career that fits you.

[Robert G. Allen](#)

Robert Allen teaches you how to generate a lifetime of unlimited wealth.

[Psychology Today: Time Management](#)

Articles on how to be more productive with your time.

Have a resource that helped you or think could help others? Please share it with us in the comments section below. Stage Climbing is constantly evolving and searching for resources that could benefit our community. We value your comments and feedback, so let us know how we can make this section even better.