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The People's Money: Stress and the Chinese Worker

Gu, Wei. **The Wall Street Journal Asia** [Hong Kong] 13 Sep 2013

"It's only now, when I'm suddenly faced with possibly losing 30 years of life, that I've been able to calm down and reconsider," wrote the 52-year-old founder and CEO of technology incubator Innovation Works and former president of Google China. He said macho efforts like seeing who could sleep less were "naive."

The long hours in Asia has something to do with the Asian culture, said Justine Campbell, a counselor and coach at Mindquest Group. "There is a hidden rule that you couldn't leave the office until your boss leaves. Work-life balance is hardest for middle management. It is about how to fit it all in." Her advice is "to delegate and outsource their work, schedule relaxation time, and try not to be so hard on themselves."

He decided to quit after coming back from a long trip and his 3-year-old looked at him as if he were a stranger. "She is at this cutest stage of life and I want to be part of it," said Mr. [William Wang]. "A few years later, when I want to play with my daughter, she might say 'go away.' "