

FOREWORD BY LECRAE

IS IT POSSIBLE TO CHANGE THE WORLD,
STAY IN LOVE & RAISE A HEALTHY FAMILY?

LOVE --- *or* --- *WORK*

ANDRÉ & JEFF SHINABARGER

A PDF COMPANION TO THE AUDIOBOOK

CHAPTER 1

The Great Adventure

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. How has your original adventure of life taken a change in direction? Where do you think it is leading you next?
2. What differences do you have with your partner in choosing vacations? Who makes the choices, and how do you decide what to do and where to go?
3. Every time we recount our story of falling in love, it reminds us what brought us together. Think back to when you first fell in love. What brought you together? There are always two sides to the story.
4. What limitations do you struggle to accept on your journey of family life?

LISTEN UP

Add to this journey by listening to a free podcast that relates to this chapter and will give you even more to process. Go to www.loveorwork.com/listenup.

Visionaries, Entrepreneurs, and Dream Releasers: Jennie and Zac Allen (Episode 15)

These two visionaries and entrepreneurs teach about how to keep pursuing your dreams even when it feels impossible and how to be a “dream releaser” for your partner. Jennie is an author and the founder of the IF:Gathering, and Zac is a serial entrepreneur.

CHAPTER 2

Pick One

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. Like Jeff's 3:45 p.m. example, share a time when you felt like all three aspects of work, marriage, and children collided at one specific moment and how it made you feel.
2. In your marriage, how has the structure of your family of origin impacted your view on work and life balance?
3. How would you respond to Angelo Spinola's questions: "Think about what you want to be known for. Is it that you had a significant career or were a fantastic father [or mother]? Why is it that we expect our families to be more flexible than our work?"
4. How, if at all, do you feel the tension of work, marriage, and family in your own life? If there is a tension, what strategies help ease it and what compounds it?

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How to Disagree and Not Leave: Yvette and Glen Henry (Episode 98)

Listen to this podcast to hear from a couple who, after months of coming home unhappy, decided to change their story. Glen decided to be a stay-at-home dad, which turned into his most purposeful work and led to the creation of Beleaf in Fatherhood.

CHAPTER 3

Yes, But

PROFILE OF WORKING COUPLES



81% MARRIED
19% LONG-TERM RELATIONSHIP
21% HAVE BEEN DIVORCED

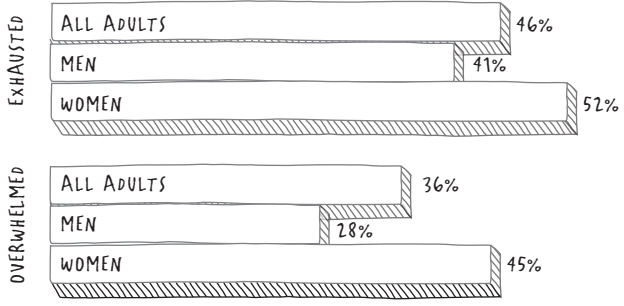


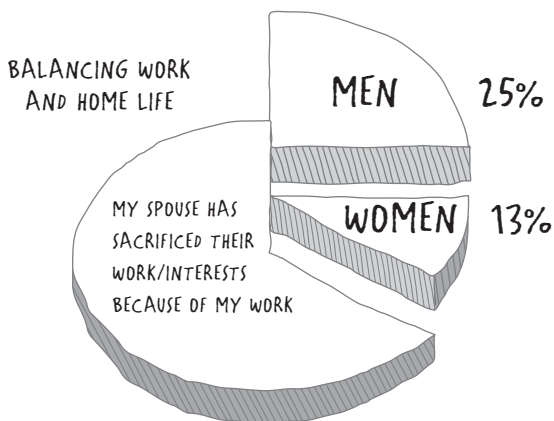
AGE BETWEEN 25-50
67% KIDS <18
33% NO KIDS <18



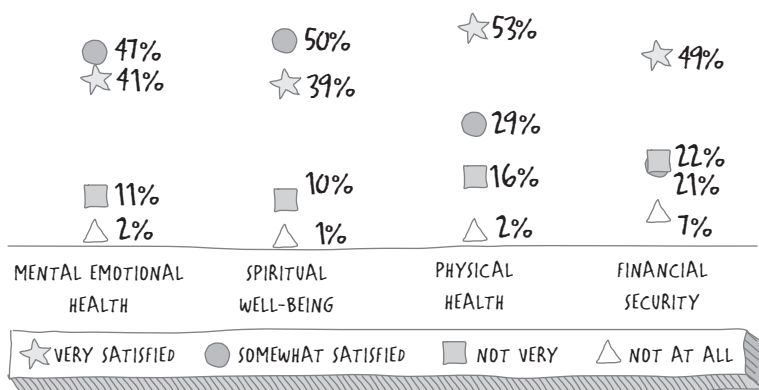
34% EARN < \$75K
27% \$75-100K
39 % \$100K PLUS

NEGATIVE FEELINGS ABOUT WORKING AND PARENTING

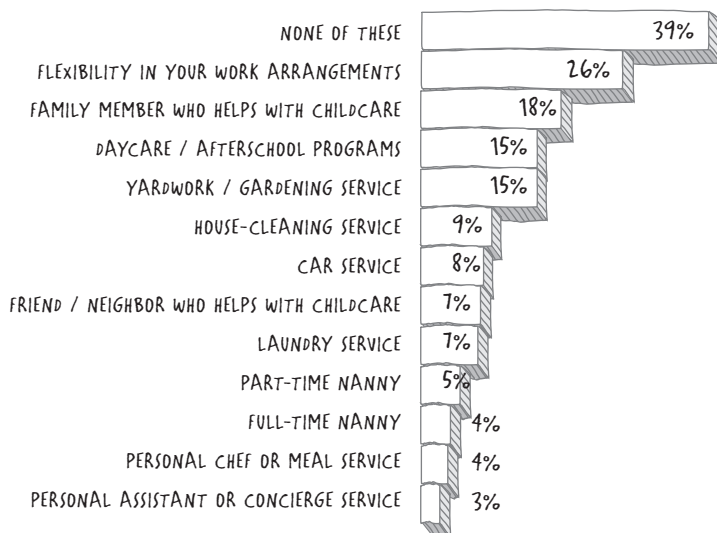




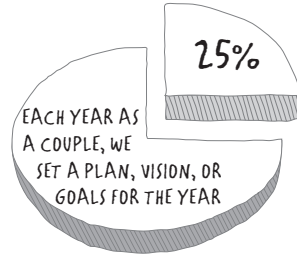
LIFE SATISFACTION OF COUPLES



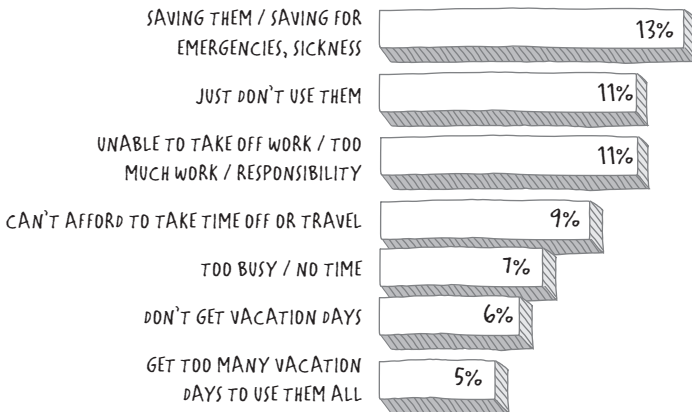
USE OF REGULAR HELPERS



PLANNING TIME



TOP REASONS WHY VACATION DAYS ARE UNTAKEN



TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. Which findings from our research jumped out at you most? Why?
2. What strategies do you find make you a stronger parent?
3. Are you sacrificing your personal health in some way? How could you find ways to support each other for a healthier lifestyle?
4. Do you share a calendar, or can you think of other organizational strategies that would be helpful in navigating between work and family?

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Importance of Intentionality: Brooke and Christian Hempell (Episode 73)

In this episode you will hear more from Brooke, who led the research for this project. She and her husband both work and share how they intentionally make decisions together. They discuss when to say yes and no and how to handle work travel.

CHAPTER 4

Three Love Stories

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. Recount your love story. How do you remember it, and how does your partner remember it?
2. Do you think it is wrong to say you truly love your work? Why or why not?
3. What is one thing you see in your partner that you think is a unique contribution to the world?
4. How do you specifically encourage your partner to pursue their dreams and purpose? How are you being encouraged by your partner to pursue yours? Think about some specific instances that have led to your perspective.

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Charity: Water: Vik and Scott Harrison (Episode 23)

To be inspired by how one couple joined their purposes together and cofounded an incredible clean water initiative that has brought clean water to 8.5 million people in twenty-six countries, listen to Vik and Scott Harrison share how they found their purpose as creative entrepreneurs. Scott is the *New York Times* bestselling author of the book *Thirst*, and Vik runs the Branded Startup, an organization that supports entrepreneurs with purpose.

CHAPTER 5

Seasons of Purpose

BALANCING WORK AND HOME LIFE

	ALL COUPLES	MEN	WOMEN	FATHER (KIDS <18)	MOTHERS (KIDS <18)
WE BOTH PURSUE WORK WE LOVE WITHOUT HAVING TO ALTER OUR HOME LIFE	27%	28%	26%	20%	19%
FOR BOTH OF US TO WORK, ONE HAS TO HAVE FLEXIBLE HOURS	23%	24%	23%	28%	32%
WISH I COULD SPEND MORE TIME WITH CHILDREN	23%	23%	23%	35%	36%
MY SPOUSE HAS SACRIFICED THEIR WORK/ INTERESTS BECAUSE OF MY WORK	19%	25%	13%	28%	15%
I STAYED AT HOME TO CARE FOR FAMILY SO PARTNER COULD PURSUE WORK/PASSION	15%	11%	19%	16%	29%
STRUGGLE TO FIGURE HOW TO ACCOMMODATE BOTH OF OUR WORK OR PASSIONS	15%	16%	13%	18%	14%
PARTNER HAS STAYED HOME FOR FAMILY SO I COULD PURSUE WORK/PASSION	11%	17%	5%	25%	7%
FOR BOTH OF US TO WORK, ONE HAS TO WORK FROM HOME	8%	8%	8%	8%	8%

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. Think back and consider the different seasons that have transpired in your relationship.
2. Are you feeling the tension of one purpose taking priority in your relationship right now? How does that make you feel, and have you communicated this tension with your partner?
3. What do you think about the idea that only one purpose can take priority at a time? Do you agree or disagree, and why?
4. In your relationship, do you feel like a secondary character in the story, or do you feel like you both are on the same team? Without getting into causes or blaming, how could this idea transform your relationship?

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Marriage Is Funny: Gregg and Jeff Foxworthy (Episode 25)

This episode shares Gregg and Jeff's love story and explores how chasing Jeff's dreams of comedy affected their marriage and family. Jeff Foxworthy is a world-renowned comedian and creator of the bestselling game Relative Insanity.

CHAPTER 6

Same Team

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. Sometimes we need to reassess and ask our partner, “What do you need from me for us to feel like we are on the same team?”
2. Think about a time when you and your partner worked together to accomplish a shared goal. How did that experience bring the two of you closer together?
3. Do you feel a sense of competition in any aspects of your partnership? What does “same team” mean to you?
4. Are there currently secrets in your relationship that need to be shared? How can you create a safe place to be honest with each other? Commit to being open and vulnerable.

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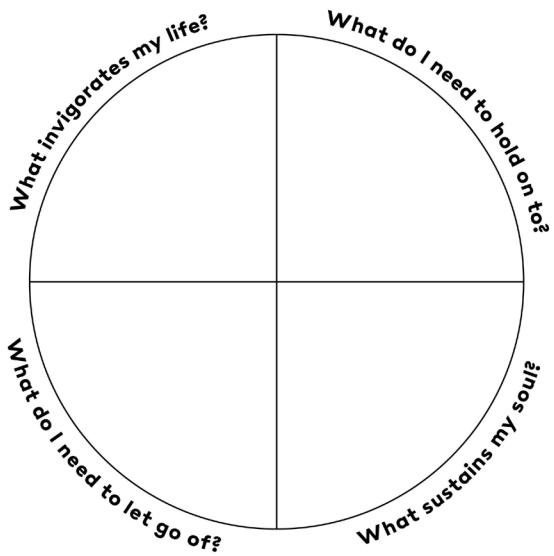
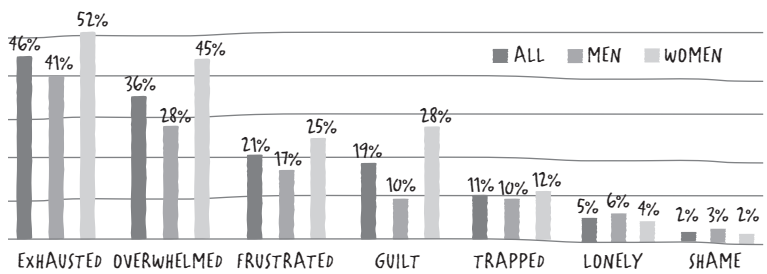
Mental Health and Living without Secrets: Tripp and Hannah Crosby (Episode 34)

Listen to this podcast if you want to hear a vulnerable conversation about a marriage without any secrets. Hannah and Tripp are both advocates for counseling and share the importance it has played in their personal lives and marriage. Tripp is a comedian and filmmaker, and Hannah is an abstract artist.

CHAPTER 7

Care and Capacity

NEGATIVE FEELINGS ABOUT WORKING AND PARENTING



TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. When was a time you felt burnout or exhaustion? How did others help you or hurt you in that season?
2. Do you have a strength you're overplaying right now? What capacity checks do you need to employ to contain it?
3. Has the tension between rest and productivity ever been a challenge for you? How do you best overcome that tension?
4. What is one thing you could do for yourself to minimize exhaustion? How can you apply it in your life?

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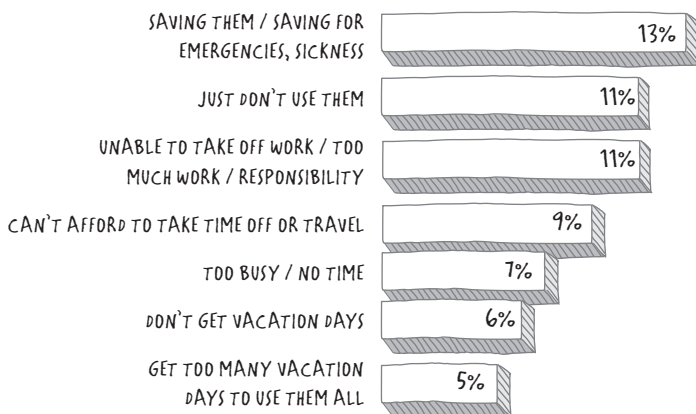
Opposites Attract: Aaron and Shauna Niequist (Episode 52)

Listen to Aaron and Shauna share how they changed the definition of a “successful” day to be more about connection than the accomplishment of tasks. Aaron is a musician and author of the book *The Eternal Current*, and Shauna is the *New York Times* bestselling author of *Present Over Perfect*.

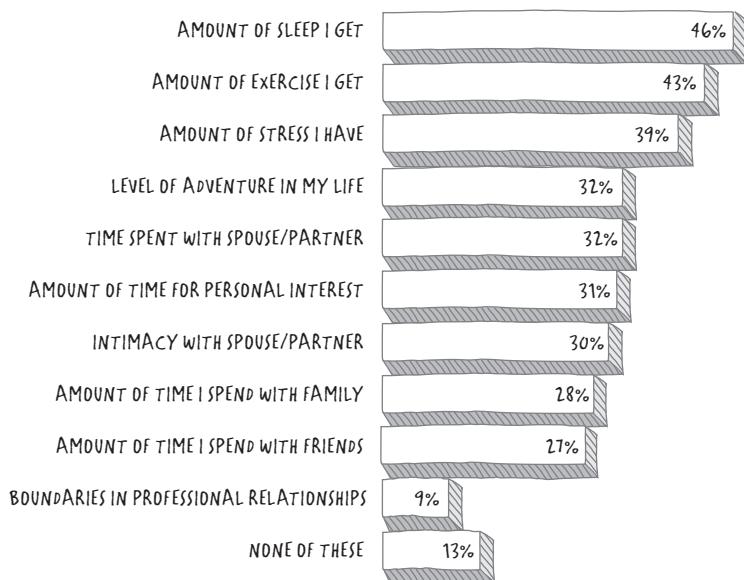
CHAPTER 8

Get Away

TOP REASONS WHY VACATION DAYS ARE UNTAKEN



AREAS OF DISSATISFACTION



TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. How do your trips normally begin? Take a moment to walk through the play-by-play and laugh about how predictable we all are.
2. Are you and your family taking full advantage of vacations? How is that impacting the closeness of your relationships?
3. How does your work culture positively or negatively impact your view of vacation? How can you help create a better culture?
4. When are the busy times on each of your calendars? How can you make an annual plan to commit to getting away?

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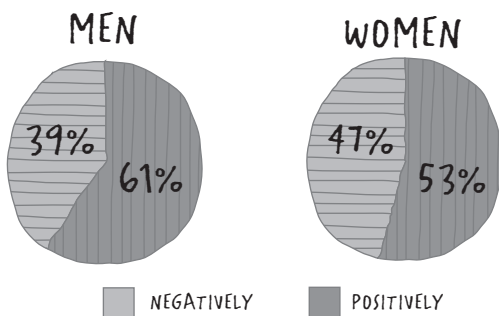
Working Together, Side by Side: Nikolle and José Reyes (Episode 38)

To hear more about how another family packs up and leaves every year, listen to Nikolle and José Reyes talk about the practical ways they make it happen! José and Nikolle are the founders of Metaleap Creative, an Atlanta-based agency working with brands from Coca-Cola to *In Touch* magazine.

CHAPTER 9

Sex Talk

HOW SEX IS AFFECTED BY WORKING



TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. Do you talk about sex? To your partner? To your friends? Who are the friends you feel most comfortable talking about sex with? If you don't talk about sex with others, why not?
2. Do you know what you like? Share with your partner your favorite sexual experience you have ever had together and a new experience you want to try next.
3. When you or your partner travels, what are ways you can try to stay connected emotionally and intimately?
4. Share your sexual history with each other. How did you learn about sex? Have your past experiences been mostly positive or negative? Why were they good or bad?

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Sex Therapy with an Expert: Laurie Watson (Episode 42)

To hear an open and honest conversation covering a broad range of questions about sex, listen to expert sex therapist Laurie Watson answer each question with candor. She is author of the book *Wanting Sex Again: How to Rediscover Your Desire and Heal a Sexless Marriage* and cohost of the podcast *Foreplay: Radio Sex Therapy*.

CHAPTER 10

Raising Humans

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. In raising good humans, what is one distinct way you want to raise your kids differently than the way you were taught growing up?
2. Do you agree or disagree with the feminine and masculine perceptions that exist in our culture? How does that affect the way you choose to raise your children?
3. Do you relate to the pressures of being a woman or a man and the responsibilities that people put on you? How does that impact the way you're raising good humans?
4. Do you feel you have placed unconscious expectations on your children? If so, what are they? Do they stem from something you missed or loved in your own childhood?

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Becoming Better Grownups: Kristi and Brad Montague (Episode 88)

If you want to learn more about how to include your family in your work and raise good humans with big dreams, then listen to Kristi and Brad Montague's podcast. Brad is a *New York Times* bestselling author, and they cocreated Kid President, one of the most inspiring and successful YouTube channels. He also wrote the book *Becoming Better Grownups: Rediscovering What Matters and Remembering How to Fly*. Learn about how they have integrated their family into traveling to the White House and speaking on national morning talk shows. They believe in being a voice for good together as a family.

It Takes a Village

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. Who are the people in your life who make it all possible? Have you stopped to thank them for how they contribute to your village?
2. Where is there a gap, and who do you know who could help with that need? Call them and ask for help.
3. Is there someone you need to hire or swap services with who can help you feel less exhausted? Why haven't you done it yet, and how can you make it possible?
4. Is there someone in your village with whom you need to share something you are struggling with? Or is someone suffering or struggling who may need you? Call that person today, and invite them into your pain or walk with them in theirs.

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Preemptive Love: Jessica and Jeremy Courtney (Episode 32)

If you are interested in learning more about the village mentality, we recommend you listen to a podcast interview we hosted with two incredible leaders: Jessica and Jeremy Courtney. They are the cofounders of a nonprofit organization called Preemptive Love, and Jeremy is the author of the book *Love Anyway*.

BONUS CHAPTER

World-Changing Children

TALK ABOUT IT

Before you move forward, take a moment to answer these questions on your own and invite your partner to discuss them with you.

1. What do you think about the tension of teaching kids about safety and courage? What does this currently look like for your family, and how do you want it to look in the future?
2. What does it mean to be a good citizen in your family?
3. What did generosity look like for you growing up, and what could this look like for your family?
4. Have you ever considered that your kids could impact your purpose? Are you open to this idea?

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Traveling the World as a Family: Danica and Jason Russell (Episode 29)

If you are interested in learning more about introducing your kids to the world, listen to Danica and Jason Russell share their incredible story about taking one year off to travel. They also started a nonprofit organization called Invisible Children and wrote a book with their kids called *A Little Radical: The ABCs of Activism*.