Integration as opposed to balance in life

So throughout my career, I have learned a lot of good advice from people that I highly respect. One piece of advice that I recently heard from Lucy — Lucy Sanders, who is the CEO of the National Center for Women in IT — she was talking about how we often focus on balancing our life and our career, our outside life, our family, and our career. And it’s this balance that you can never keep exactly straight and it might break at any one point. And, in her opinion, what we ought to be doing or focusing about is not the balance but the integration of our career and our family together.