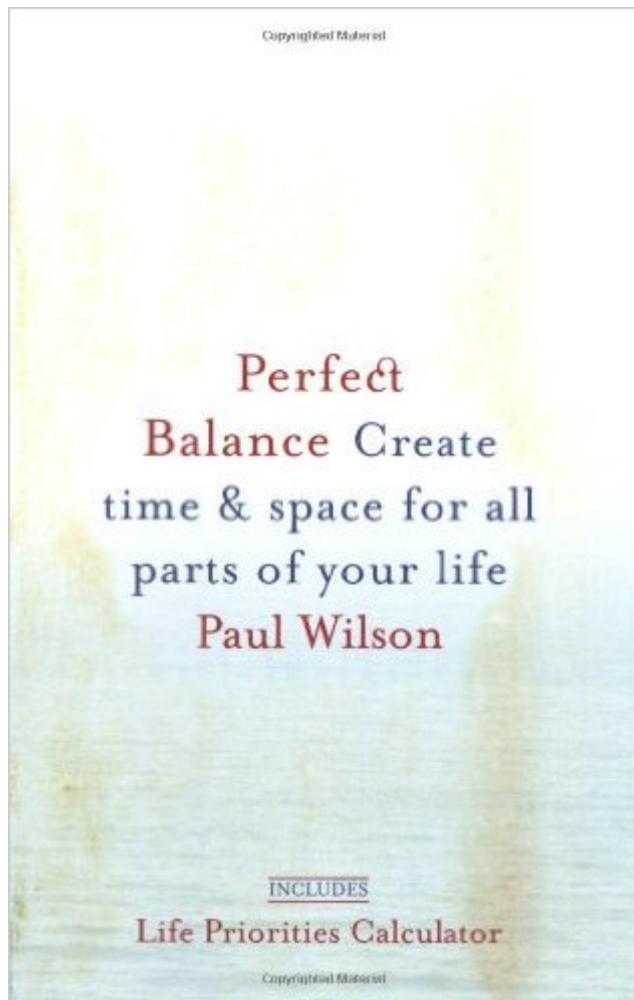


The book was found

Perfect Balance: Create Time And Space For All Parts Of Your Life



Synopsis

Won't life be perfect when . . . ;you feel you have all the time in the world;for work, family and friends, your own needs and development. ;you're motivated and inspired to perform your best. ;you make sound decisions and quickly recover from setbacks. ;your world is simple and uncluttered. ;your life has meaning and purpose. ;you discover real peace and contentment. All this is possible. In Perfect Balance, Paul Wilson reveals the strategies and techniques for finding balance among all the parts of your busy life. You can do this without working harder or longer. By taking Wilsonâ™s approach;The Calm Wayâ„¢;you'll bring all your resources into play at once to achieve perfect balance in your life. The Calm Wayâ„¢ works on the principle that the best way to accomplish your goals is by adopting a more relaxed and balanced attitude. Included in this edition is Wilsonâ™s patented Life Priorities Calculator, a group of enjoyable exercises to help determine what is essential as you make your way through life. Perform them once a year, or as often as you feel necessary, and youâ™ll discover a new clarity about yourself and your life, and the most profitable method to structure your ambitions and goals.

Book Information

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Customer Reviews

This book has been incredibly helpful to me. It walks you through exercises to determine your values, needs, responsibilities, priorities, and goals. Also includes a section on life purpose. It also has valuable tips for getting perspectives, calming, and prioritizing, and doesn't get long-winded or preachy. After completing the exercises and looking at the chart I'd made, I was able to see in a

quick glance where I was on top of the things that are important, where I needed to make more of an effort, and where less. If you feel like your life is out of control, this book will help you get it back under your control.

Great, practical strategies for identifying what's important to you and how to make time for it. There are a lot of exercises, so you really need to make time to thoughtfully do these in order to get a thorough analysis of your situation. It really helps me when I make decisions about my time - if I do this, I need to devote less time to something else. And it helped me come up with more creative solutions to my time: eg finding a job closer to home so I can bike to work and get in more exercise while commuting.

If you've already gone through an overall life assessment and have a good sense of your goals and aspirations, this book can help you take a fresh look at the total balance.

Great book. It changed my life!

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