

## Live Life Beyond the Laundry (Paperback)

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## Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me). (Lorenz Vandervort)

## LIVE LIFE BEYOND THE LAUNDRY (PAPERBACK)



Aka: Yola, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Live Life Beyond the Laundry focuses on helping busy women learn to manage all life s responsibilities so they have more time and energy for what s really important. Aim to increase your work/life balance and lead a life filled with joy, happiness and success. This book will guide you to improve the quality of your life by recapturing the focus and fun lost by the speed and chaos of your day to day activities. Learn to shift your life from chaos to calm. Live Life Beyond the Laundry shows you how to get focused, organized and have more time each day. This book includes practical strategies to: Create Me Time Learn to say No Create a Balancing Act Beat Procrastination Reduce feeling overwhelmed Have fun and enjoy life to the fullest Achieve what most busy women only dream of-achieving work/ life balance. Life was meant to be enjoyed not tolerated. Learn how to slow down and enjoy life! This book is dead on with how busy women get sucked into chaos. Christy s 7 strategies to shift from chaos to calm are practical, easy to implement, and presented in a thoroughly entertaining and relatable way. Christina Tracy Stein, co-author of Kiss That Frog! 12 Great Ways to Turn Negatives into Positives in Your Life and Work Christy Tryhus, is someone who can personally endorse the concept of having a Simply Balanced Life. She is completely committed to helping people learn to Live Life Beyond the Laundry. This book has many great tools that are practical and will move you towards being Simply Balanced. B Clark, Management Life Coach, Tyler Coaching and Mentoring - Dallas, TX Live Life Beyond the Laundry is...

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