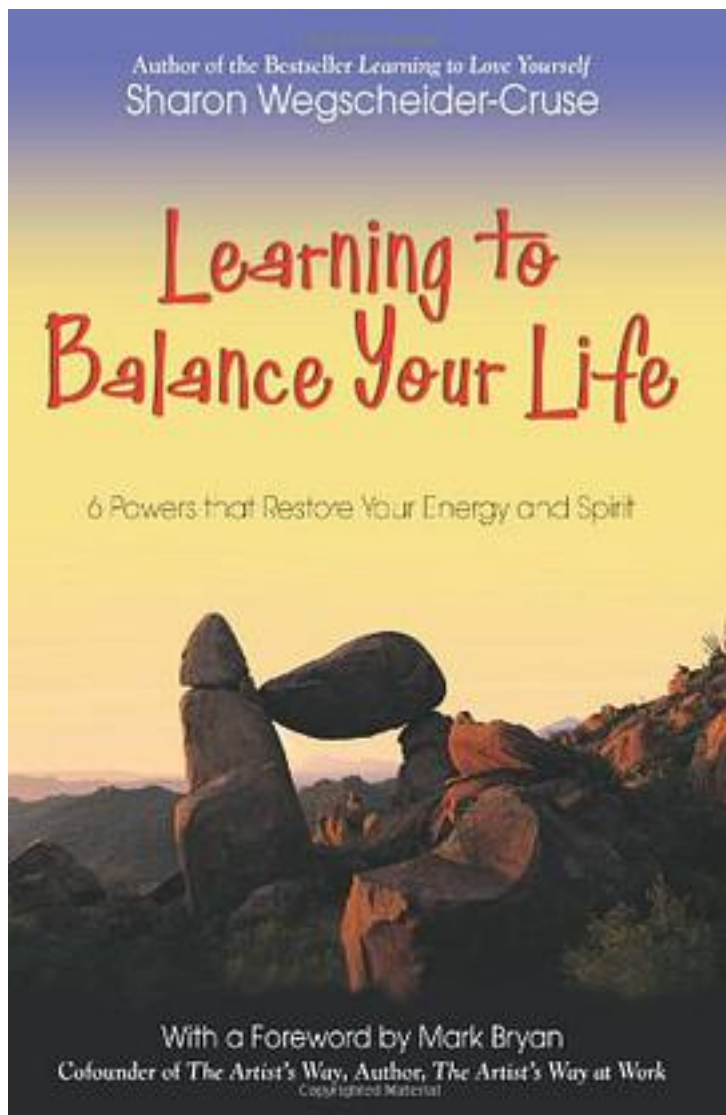


# Learning to Balance Your Life



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著者:Wegscheider-Cruse, Sharon

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"This one book can make a big difference in your life. It's filled with the kind of spiritual and practical wisdom that can bring peace to your inner and outer worlds." - Tian Dayton, author, therapist Do you feel like something is missing in your life? Do you feel like you're always playing "catch up?" Do you feel stressed out a lot of the time? If so, there is a way to make your hectic life a happy one and to feel fulfilled instead of frazzled at the end of the day. Sharon Wegscheider-Cruse, who sparked a movement with her book Learning to Love Yourself, sheds new light on the all-important issue of balance in this breakthrough book. Rather than tout outward solutions like multitasking or investing in a Daytimer, she helps flip the focus where it needs to be--inward. She explains that every one of us possesses 6 innate powers, that when neglected, will result in a lack of clarity (Where did I put my keys?); a lack of passion (Not tonight, I'm too tired); and a feeling of being overwhelmed (There's no way I can get that report done by five). Using enlightening self-assessment questions, practical exercises and journaling pages, she shows readers how to harness each power to make true life changes in just 8 weeks. It's entirely possible to live the life you want. You can have less stress and more passion; less frustration and more fulfillment --this book will show you how.

作者介绍:

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