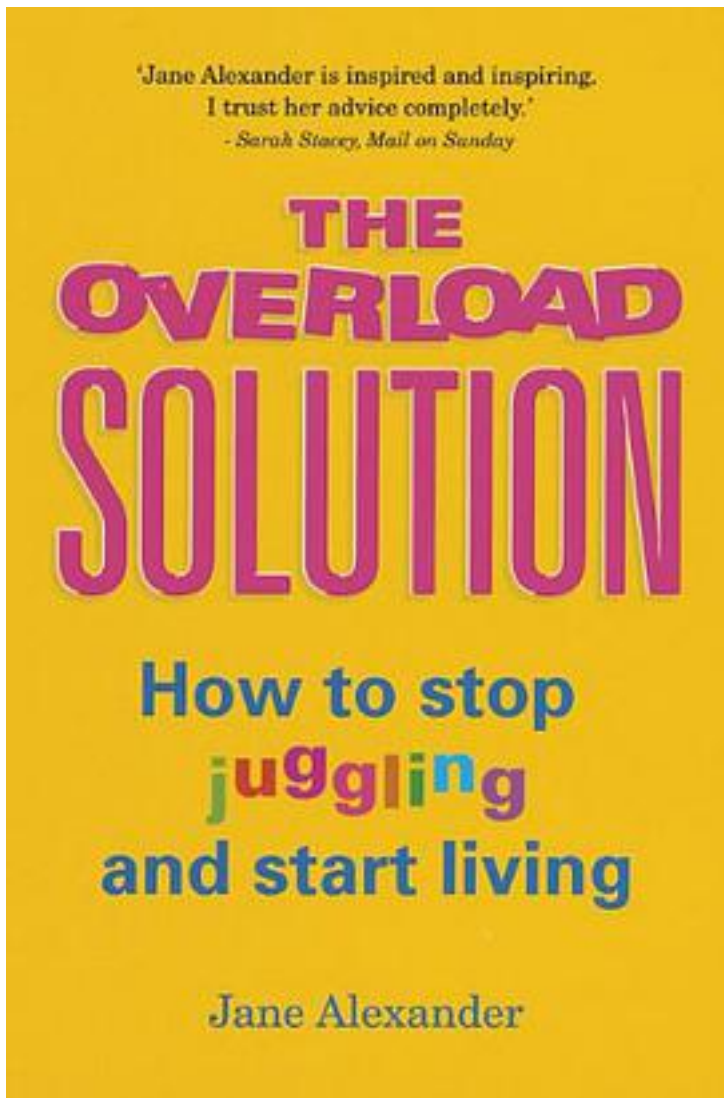


The Overload Situation



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Do you wake up in the morning and feel just as tired as when you went to bed? Are you juggling your life so fast you can't even remember how many balls are in the air? The 21st century is a busier and more difficult place than we ever imagined. The idea of simply being 'stressed' would be almost appealing in today's world; instead, many of us are feeling so overwhelmed that we are suffering breakdowns, depression and anxiety. Cracks appear in our work, our relationships, our families and in our society. We feel ourselves failing as parents, partners, friends and as people. We simply don't have time to do it all, but we're petrified of admitting that we can't. In *The Overload Solution*, Jane Alexander recognises that we cannot keep papering over the cracks. She doesn't offer an instant get-out clause or perfect solution. What she does offer is an honest appraisal of where we are now and provides strategies to help us readjust to this tough new world. She suggests things you can do to help you in the short-term and then helps you to rethink your life so you achieve long-term happiness and wellbeing.

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