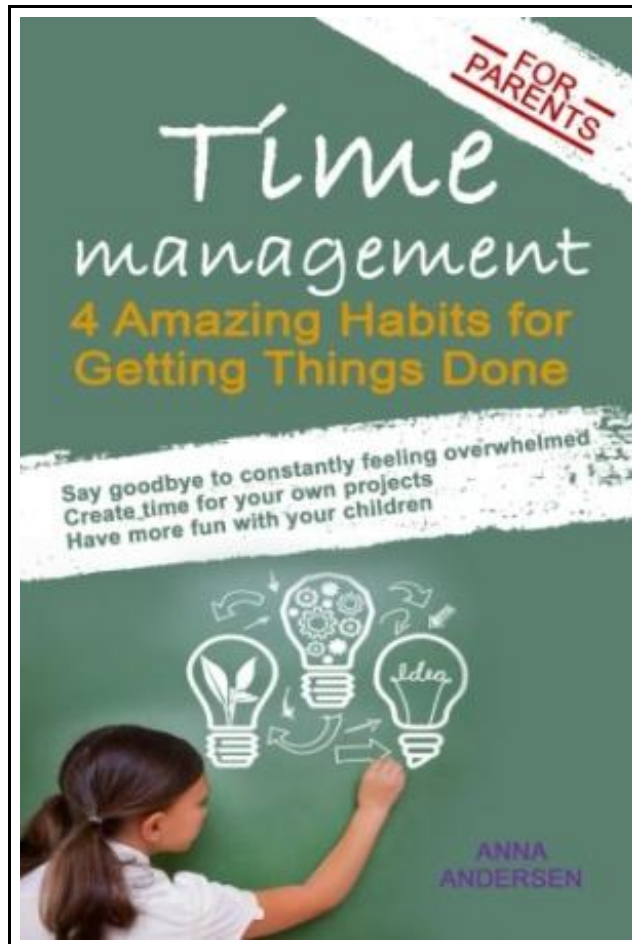


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you wish you had more time in your day? Stop struggling to do it all and just barely making it through the day. Say Hello to a happy, creative, and balanced life! Maybe you dream of starting a project for a noble cause? Maybe you would love to have some time for yourself and go regularly to the gym? Maybe you would like to escape your 9-5 grind and see your children grow daily? It s extremely challenging as a parent to balance it all and dedicate time to yourself as well. In the chaos of our busy lives, we too often forget ourselves and end up just running after time and not finding the courage for big changes. But you don t have to constantly live in survival mode and try to keep up with your busy agenda only to find yourself stressed out, overtired, and not even enjoying the little time you can spend with your children. You can achieve much more and even free up time for more fun with the family! I ve found it helpful to think of these desired changes and goals as a marathon, not a sprint. Imagine all these thousands of steps that have to be run to cross the finish line. We often want our goals to be achieved quickly, but that leads us to believe that it s just too difficult to even begin. However, with a few mental tricks that can switch you to a productive-habits mode, things will actually start to change on their own, and you will suddenly begin achieving your goals without even realizing it. One little step at a time, step by...



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