



How Did I Get So Busy? (Paperback)

By Valorie Burton

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc), United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Do you feel stressed, overworked, like you're running on empty? Are you caught in the race to get it all done--with little time to enjoy the rewards life has to offer? There's no doubt about it: these days we are just too busy. With the conveniences of technology, we're compelled to get more done in less time and end up constantly striving for the next thing - rarely stopping to consider if it's something we even want. As a result, we end up missing out on the things that truly matter: our relationships, the activities we love, quiet time to reflect and replenish our energy. Valorie Burton's *How Did I Get So Busy?* is the solution for anyone who feels perpetually overwhelmed and overworked: a simple, effective 28-day program to help you rediscover your true priorities, shift out of overdrive, and reclaim your life and schedule. Built around Burton's Ten Commandments of Self-Care, each day presents an easy-to-follow task to help you strip away the meaningless activities that occupy your time...



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Reviews

Very good eBook and valuable one. This is for anyone who states that there was not a worth reading. You will not truly feel monotony at any time of your own time (that's what catalogs are for concerning if you question me).

-- **Ms. Ona Muller**

An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

-- **Melody Jakubowski**

Other eBooks



God s Ten Best: The Ten Commandments Colouring Book

Gospel Light, United States, 2004. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. Since kids love to color, this fun coloring book with easy-to-read text is a great way to introduce them to the Ten Commandments!.



There s an Owl in My Towel

Pan MacMillan, United Kingdom, 2016. Board book. Book Condition: New. Main Market Ed.. 187 x 187 mm. Language: English . Brand New Book. Not suitable for children under 1 year of age There s an Owl in My Towel is a beautiful...



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn t porn. Everyone always asks and some of our family thinks it is for sure.but it s not....



I Believe There s a Monster Under My Bed

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Shelby L Paul (illustrator). Large Print. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.Does your child believe that there are monsters hiding in their...