Get A Grip On Life

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Learning How To Get A Grip On Life Can Have Amazing Benefits For Your Life And Success! Secrets To Balancing Work and Family! There's no single formula for achieving a balanced life. It's a personal decision how one blends their career, mate/domestic partner, youngsters, acquaintances and self into an intermingled whole. The key is to formulate originative solutions as you approach the challenges of equilibrating the duties and joys of your multiple roles. Many people have never heard if this and have no idea how to go about figuring out where they are or how to change it. Is this true for you? Then please continue on as you need to discover the secrets that increase your effectiveness and better your life! Introducing... Get A Grip On Life - Secrets To Balancing Work and Family! In this book, you will learn all about: * Release Guilt Feelings * Establish A Support Network * Institute Limits and Boundaries * Time for Yourself * Be Flexible * Savor Quality Family Time * Much MORE! Make Full Use Of This Knowledge And Get A Real Look At Get A Grip On Life! Lets face it Seeing that there are only twenty-four hours in a day, only so much is going to get finished. Even less will get finished on those days that the youngsters are ill or a customer or coworker has a crisis. Besides the ambition of cloning ourselves, what else is available so make the day run a bit smoother and (hopefully) leave some time for every crucial part of your life?

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