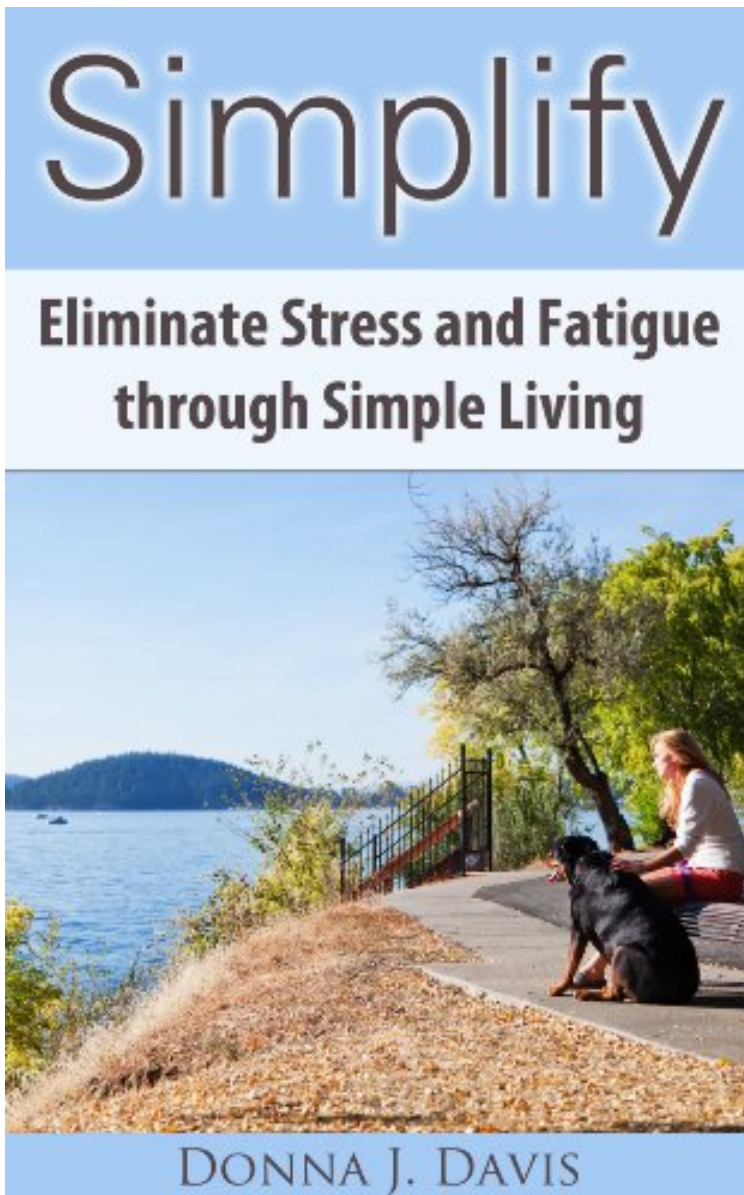


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# Simplify: Eliminate Stress and Fatigue through Simple Living (10 Essential Keys to Simplifying Your Life) (English Edition)



*Par Donna J. Davis*

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## Description :

Prsentation de l'diteurSimplify. Does that seem like an impossible dream? As a professional woman or entrepreneur, you juggle work demands, insane deadlines, networking events, kids' school projects, and a community event that you felt pressured into managing. You feel sad that the spark is fading in your

relationship, but you are honestly too tired to even think about romance. With everything you do, it is no surprise that you are exhausted, overwhelmed and stressed. You don't know how to escape all the pressures and demands coming at you from all sides. Something has to give because the stress is starting to take its toll on you physically, mentally, and emotionally. You know you cannot continue living like this, and you need help NOW. When many people start to think about living a simpler life, they may consider becoming a minimalist. They like the idea of buying fewer things, getting more organized and de-cluttering. While that is very helpful for some, if the inner clutter isn't addressed, the outer changes usually don't last. So this book offers a different solution. We invite you to simplify from the inside out. Making some small but powerful internal shifts will allow you to start making the changes you want on the outside. What would it mean to you to:--Have more time for your family--Have some much needed time for yourself--Learn how to prioritize, delegate, and ask for help--Learn how to tap into your intuition for guidance--Only buy and do those things that are truly meaningful to you--Have time and energy to have fun again (without feeling guilty)Each chapter starts by addressing examples of real-world challenges that make it difficult to move toward simple living. We know your time is precious so key points are listed right after the real-life challenges to cut through the details and give you answers. Yet, no permanent change will happen until you take some action, so several ideas are included at the end of each chapter that you can implement immediately. So how high is your stress and fatigue? Are you worried that the stress is damaging your health and your relationships?What if you could learn how to say "no" graciously, but firmly?What if you made decisions that are best for you, instead of everyone else?What if you woke up excited about your day, instead of dreading what lies ahead?What if you really could begin simplifying your life without adding hours to your day?And what if you could learn one extremely powerful concept that when added to the other ideas, will propel you miles forward in creating the long-lasting life changes you deserve?Simplify: Eliminate Stress and Fatigue through Simple Living is your answer. Get started right now. You know what your day ahead looks like. Don't let one more minute go by without having tools you can use to get control of your life. Buy this now and get your first idea in minutes.