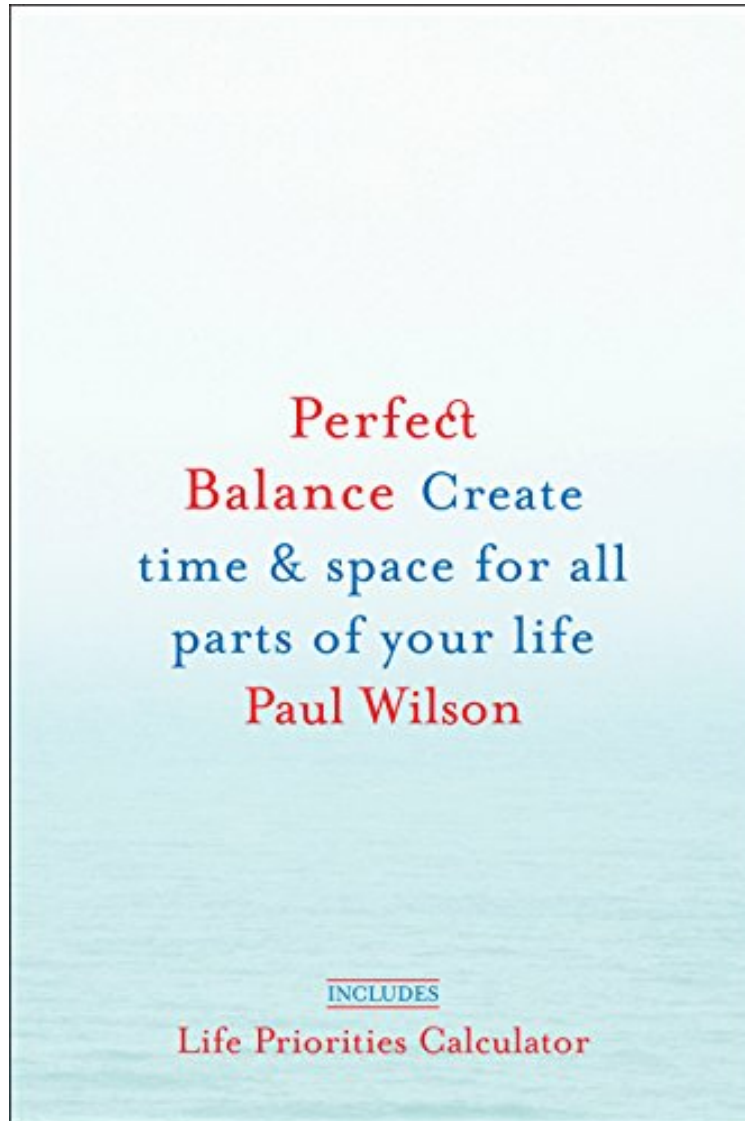


(Free and download) Perfect Balance: Create Time and Space for All Parts of Your Life

Perfect Balance: Create Time and Space for All Parts of Your Life

Paul Wilson

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Paul Wilson : Perfect Balance: Create Time and Space for All Parts of Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Perfect Balance: Create Time and Space for All Parts of Your Life:

5 of 5 people found the following review helpful. Thoughtful, applicable ideasBy T. KippGreat, practical strategies for identifying what's important to you and how to make time for it. There are a lot of exercises, so you really need to make time to thoughtfully do these in order to get a thorough analysis of your situation. It really helps me when I make decisions about my time - if I do this, I need to devote less time to something else. And it helped me come up with

more creative solutions to my time: eg finding a job closer to home so I can bike to work and get in more exercise while commuting. 12 of 12 people found the following review helpful. Perfectly Balanced Book By T. Farrell This book has been incredibly helpful to me. It walks you through exercises to determine your values, needs, responsibilities, priorities, and goals. Also includes a section on life purpose. It also has valuable tips for getting perspectives, calming, and prioritizing, and doesn't get long-winded or preachy. After completing the exercises and looking at the chart I'd made, I was able to see in a quick glance where I was on top of the things that are important, where I needed to make more of an effort, and where less. If you feel like your life is out of control, this book will help you get it back under your control. 1 of 2 people found the following review helpful. Five Stars By Liz Ross Great book. It changed my life!

Won't life be perfect when . . .

- you feel you have all the time in the world
- for work, family and friends, your own needs and development
- you're motivated and inspired to perform your best
- you make sound decisions and quickly recover from setbacks
- your world is simple and uncluttered
- your life has meaning and purpose
- you discover real peace and contentment

All this is possible. In *Perfect Balance*, Paul Wilson reveals the strategies and techniques for finding balance among all the parts of your busy life. You can do this without working harder or longer. By taking Wilson's approach—*The Calm Way*—you'll bring all your resources into play at once to achieve perfect balance in your life. *The Calm Way* works on the principle that the best way to accomplish your goals is by adopting a more relaxed and balanced attitude. Included in this edition is Wilson's patented Life Priorities Calculator, a group of enjoyable exercises to help determine what is essential as you make your way through life. Perform them once a year, or as often as you feel necessary, and you'll discover a new clarity about yourself and your life, and the most profitable method to structure your ambitions and goals.

About the Author For nearly thirty years, Paul Wilson has been developing and refining a unique approach to finding contentment and performing well in high-pressure environments. He is the author of *Instant Calm* and *The Little Book of Calm*. He currently lives in Australia.