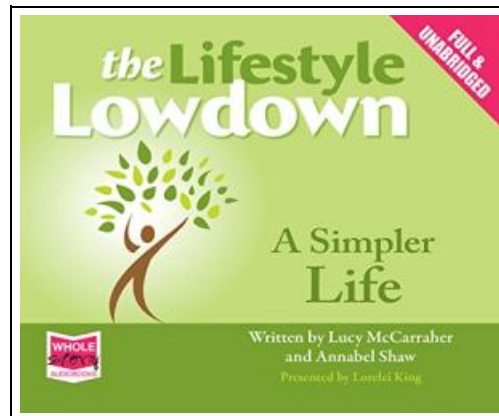


## The Lifestyle Lowdown: A Simpler Life



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W F Howes Ltd, United Kingdom, 2014. CD-Audio. Book Condition: New. Unabridged. 165 x 137 mm. Language: N/A. Brand New. Tips and Tools for maintaining a simpler life. For the past few years, many of us have been on the go, go, go, get, get, get treadmill - and having it all has often simply meant doing it all. But now outside events have forced some of us to pause and ask: Is more better? Is busy is best? Is it all worth it - or is there a simpler, more satisfying way to live? What happened to the dreams and ambitions that once inspired us, filling us with excitement and happiness? At work and at home we ve been so carried away with doing, having and achieving more, that we ve left ourselves no time to stop and check on where we re heading and why we re going there. We ve lost touch with what it is that gives our lives meaning, nurtures our unique talents and brings us true fulfilment. Maybe it s time to reconnect and to become reacquainted with our authentic selves. Through a series of integrated, enjoyable exercises, work/life balance experts Lucy McCarraher and Annabel Shaw provide a map for the listener to embark on a journey to re-discovering genuine values, needs, desires and hopes, providing positive and well-defined goals, clearly marked destinations, a planned itinerary and regular signposts to keep the listener on track. Topics covered include: Why simple is the new black Establishing personal values Living with integrity Reconnecting with abandoned dreams and aspirations The six areas in which you can live a simpler life Writing your own fairy tale Bringing your life into balance Making your dreams a reality Quick and easy ideas to implement your simpler life - today!.



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