



Meditations for Living In Balance: Daily Solutions for People Who Do Too Much

Anne Wilson Schaeff

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For men and women overwhelmed by life's constant juggling act -- the struggle to balance work, relationships, children, finances, chores, and more -- Anne Wilson Schaeff clears the way to serenity and joy.

With her signature wisdom, insight, and humor, Schaeff shows us how to stop living at the mercy of frenzy and chaos and start savoring daily moments that center, calm, and nourish us. Contemplation and ultimately practical actions come together to help us tune into ourselves, be still and mindful, lighten up, laugh, and revel in the adventure of every day.

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