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Busy but Balanced: Practical and Inspirational Ways to Create a Calmer, Closer Family

Mimi Doe

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The ideas in *Busy but Balanced* are for the people who need them the most-those of us out in the world putting our longings, goals, and ideas into action and balancing that with creating a nourishing home and deeply connecting with our children. It's not about giving up desire but, instead, creating a right relationship with all aspects of ourselves and our world. Rather than breathlessly grasping at the shards of our lives, we can boldly and calmly expand to embrace all aspects of it-alert and relaxed.

A mother of two young children expressed what many of us feel: "I want a simple life; I want a busy life. I don't want it cluttered with junk, but I want it vibrant. My relationship is with my family, and I want that at the core of my life; but I also want meaningful work. My family is forever so I want that to thrive, but I want the day in and day out at work to be good too."

Fear of change locks many of us into rote living-treadmill days. Busy but Balanced, a practical and inspirational guide, will help you take action month by month, manage change, even invite it in, to create a full life lived with no regrets. Making choices allows you to live sanely with more joy, energy, and success-without sacrifice.
---From the Introduction

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