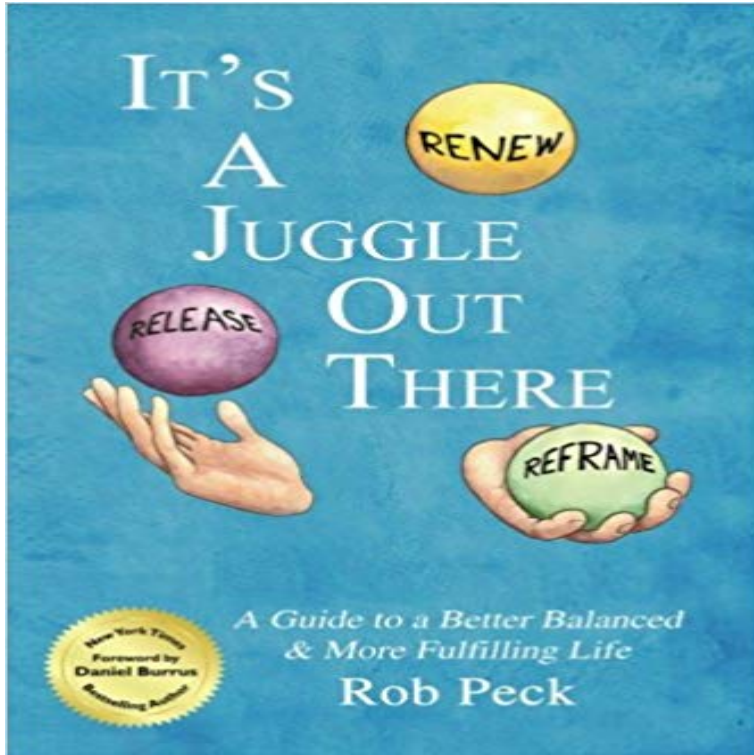


# Its A Juggle Out There: A Guide to a Better Balanced & More Fulfilling Life



For those struggling with a life of constant juggling, or simply wanting more serenity and ease, *Its a Juggle Out There: A Guide to a Better Balanced and More Fulfilling Life* combines humorous anecdotes with pragmatic tips to have a less stressful and more harmonious life, by:

- o Applying Refresh & Reframe techniques to revive your energy and revitalize your outlook
- o Practicing the concept of Kindfulness to become less self-critical and more self-caring
- o Taking comfort and drawing strength from handy aphorisms, Pits are also seeds, and hopeful acronyms, WHOOPS: when humans overcome obstacles, providence smiles! Take the journey with the people who do well professionally, and personally, and wisely recognize that downtime is found money, a chance to relax, a moment to pause and reflect, providing vital replenishment. These are the times when the balls are hanging in the air like the spaces between the notes in a beautifully composed symphony. These rests complement the rhythm and the still points of silence that enhance the score.

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