



How Did I Get So Busy? (Paperback)

By Valorie Burton

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc), United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Do you feel stressed, overworked, like you re running on empty? Are you caught in the race to get it all done--with little time to enjoy the rewards life has to offer? There s no doubt about it: these days we are just too busy. With the conveniences of technology, we re compelled to get more done in less time and end up constantly striving for the next thing - rarely stopping to consider if it s something we even want. As a result, we end up missing out on the things that truly matter: our relationships, the activities we love, quiet time to reflect and replenish our energy. Valorie Burton s How Did I Get So Busy? is the solution for anyone who feels perpetually overwhelmed and overworked: a simple, effective 28-day program to help you rediscover your true priorities, shift out of overdrive, and reclaim your life and schedule. Built around Burton s Ten Commandments of Self-Care, each day presents an easy-to-follow task to help you strip away the meaningless activities that occupy your time...

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