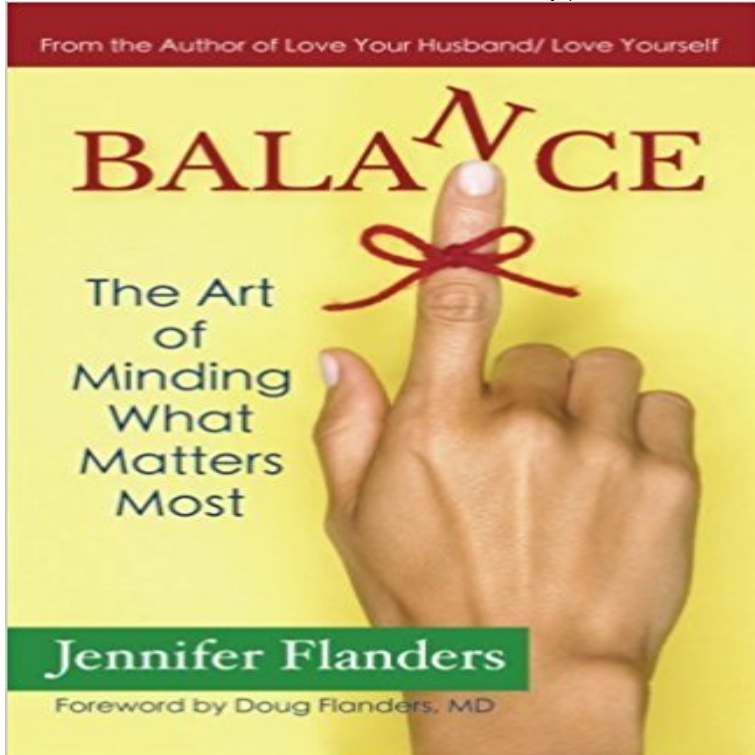


# Balance: The Art of Minding What Matters Most



Do you ever wish you could stop time, just long enough to catch up? Have you forgotten how to slow down and enjoy life? Are you constantly on the go, without a minute to spare? What you need is BALANCE. Being balanced is the opposite of being stressed out and overwhelmed. Balance bespeaks a spirit of calm, not a bundle of nerves. It entails temperance and moderation rather than excess and extremes. Balance is what allows us to attend to daily necessities competently and efficiently, with time left over to enjoy things that round out and enrich our life. BALANCE: THE ART OF MINDING WHAT MATTERS MOST will help readers think in new ways about what living a balanced life looks like, and to give them strategies for achieving the balance they so desire.

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