



Balance with Grace: Celebrate the Kaleidoscope of Life

Grace Durfee

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Do you sometimes wish you could hit the "pause" button on your busy life? Are you frequently frustrated at the end of the day by all you have yet to do? Are you tired of living for the weekend and ready to start living now? If you answered yes to one or more of these questions, then you need this book. This book is a treasure trove of immediately applicable strategies for finding balance in the midst of life's kaleidoscopic changes. Rather than prescribing a particular path or offering a one-size-fits-all model, this book offers a flexible process, adaptable to your particular style, situation, and season. If you are discouraged by the stacks of books you intend to read but never get to, there's no need to feel daunted by this one. After a beginning balancing process, the book is divided, by season, into collections of short, stand-alone readings which draw wisdom from everyday experiences. Prepare to smile, squirm, laugh, and get misty-eyed, as you undoubtedly recognize yourself in these pages. Balance-seekers will benefit from: o innovative tools such as Stepping Stones™ o engaging inquiries that invite action o motivating stories o introspective exercises o practical tips and techniques Accept the invitation to Balance with Grace and embark on a journey to greater joy and fulfillment in every season.

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