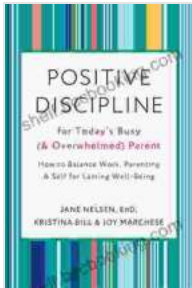


How to Balance Work, Parenting, and Self for Lasting Well-Being



Positive Discipline for Today's Busy (and Overwhelmed) Parent: How to Balance Work, Parenting, and Self for Lasting Well-Being by Jane Nelsen

★★★★☆ 4.7 out of 5

Language	: English
File size	: 19068 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 368 pages



Are you feeling overwhelmed and exhausted trying to juggle work, parenting, and your own personal needs? You're not alone.

In today's fast-paced world, it can be incredibly challenging to find balance in our lives. We're constantly bombarded with demands from all sides, and it can feel like we're never ng enough.

But it is possible to find balance and live a fulfilling life. By following the strategies in this book, you can learn how to:

- Set boundaries and protect your time
- Prioritize self-care and take care of your own needs

- Create a supportive network of family and friends
- Find ways to simplify your life and reduce stress
- Develop a positive mindset and focus on the things that matter most

This book is full of practical advice and inspiring insights that will help you navigate the challenges of work, parenting, and personal well-being. If you're ready to create a more balanced and fulfilling life, then this book is for you.

What's Inside?

This book is divided into three parts:

1. Part 1: The Challenges of Work, Parenting, and Self

In this part, you'll learn about the unique challenges that working parents face. You'll also explore the impact of work and parenting on your physical, emotional, and mental health.

2. Part 2: The Path to Balance

In this part, you'll develop a personalized plan for achieving balance in your life. You'll learn how to set boundaries, prioritize self-care, and create a supportive network of family and friends.

3. Part 3: The Journey to Well-Being

In this part, you'll learn how to cultivate lasting well-being. You'll explore the importance of mindfulness, gratitude, and forgiveness. You'll also

learn how to develop a positive mindset and focus on the things that matter most.

Who This Book Is For

This book is for anyone who is feeling overwhelmed and exhausted trying to juggle work, parenting, and their own personal needs. It is especially helpful for working parents who are looking for ways to create a more balanced and fulfilling life.

Testimonials

"This book is a lifesaver! I'm a working parent of two young children, and I was struggling to find balance in my life. This book gave me the tools and strategies I needed to create a more fulfilling life for myself and my family."

- **Sarah J.**

"I highly recommend this book to any working parent. It's full of practical advice and inspiring insights that will help you find balance and well-being in your life." - **John D.**

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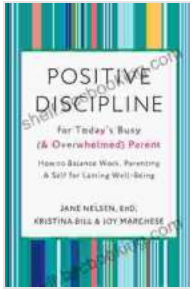
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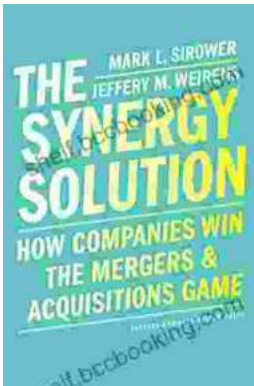
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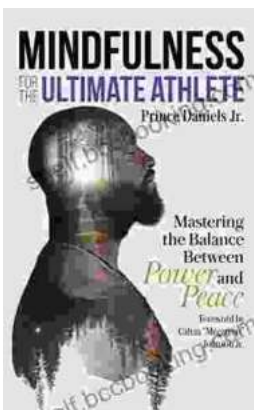


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