

I used to be overwhelmed

How to find the right balance between personal and professional lives
September 2018



Synopsis:

If you feel overwhelmed by your professional or your personal life, this book is for you. Having a better organisation will help you to lessen stress, fatigue and anxiety. You will benefit from having more time for your self and having more time to spend.

Content:

- Draw a personal review, understand the basis of organisation et start to change
- De-clutter your life : lighten everyday life
- Be an expert on the pillars of organisation
- Enjoy tidying up, master the art of agenda
- Take care of yourself :limit the stress and keep being organised
- Be a happy mother
- Rediscover your passion and live your life with joy
- Emergency box for n organised life

Author:

Carole Pirmez (Belgium) manages a team of 15 people dedicated to self-help. She is an entrepreneur, a blogger, an author and a mother of 2. She is the author of *Je rayonne jour après jour* published by les éditions Marie Claire. Her website is <https://mavraienature.live>



■ Specs:

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