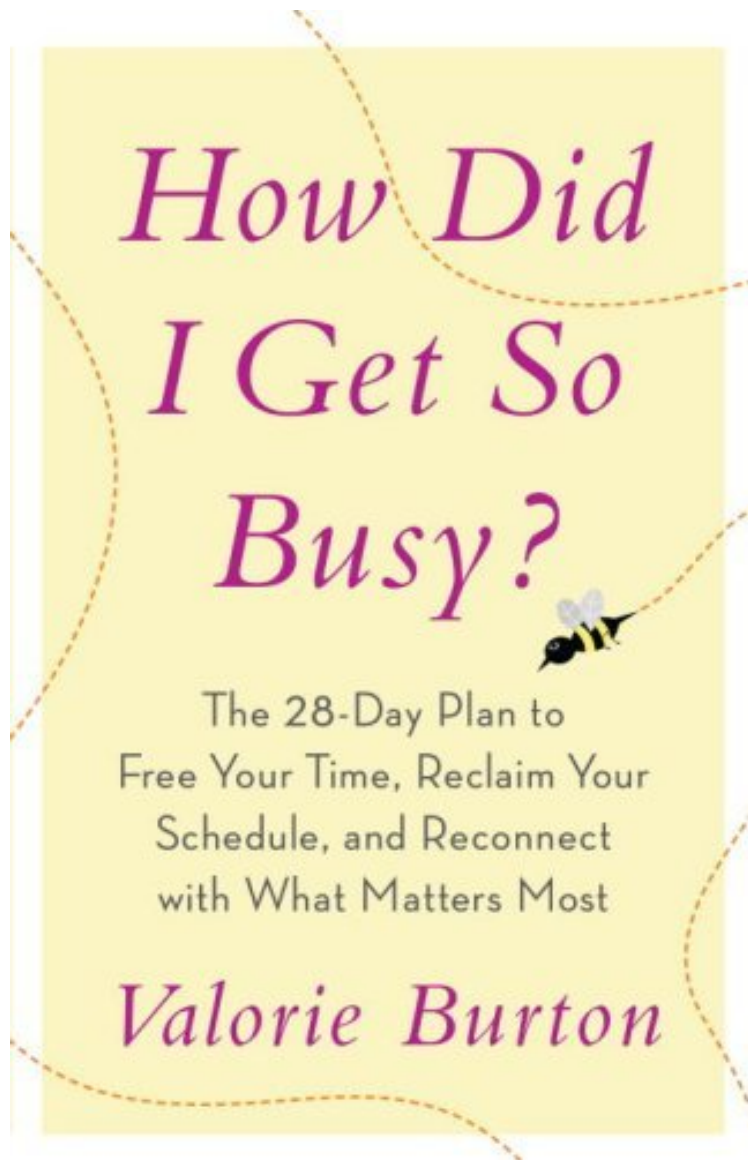


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How Did I Get So Busy?: The 28-day Plan to Free Your Time, Reclaim Your Schedule, and Reconnect with What Matters Most

Valorie Burton

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Valorie Burton : How Did I Get So Busy?: The 28-day Plan to Free Your Time, Reclaim Your Schedule, and Reconnect with What Matters Most before purchasing it in order to gage whether or not it would be worth my time, and all praised How Did I Get So Busy?: The 28-day Plan to Free Your Time, Reclaim Your Schedule, and Reconnect with What Matters Most:

2 of 2 people found the following review helpful. This book changed my life!!By Sherman322If you are overworked, overstressed, over-tired and desire some type of change but aren't sure where to begin or if it's even possible this book will change your life. I purchased this book at the recommendation of a friend when I was struggling with work/life balance issues and deciding if I should leave a job that was burning me out on both ends. 28 days later I resigned and am now in a job that I love, and much happier.From the opening pages where Burton lays out the "Ten Commandments of Self Care" to her advice about being busy vs. being productive, the book will give you things to ponder, things to consider and a daily "assignment" (takes no more than few minutes) to help move you along to a new way of living.From the book - one of my favorite pages ..."I created my own circumstances -- and then rebelled against them. I stacked up achievements but was not satisfied. I had friends but craved a deeper connection. I was working hard, but yearned to more money for my efforts. I valued achievement more highly than joy, which led to speeding toward the finish line of every project, goal or task without regard for the gift of the journey."If these words resonate at all with you -- this book is a must read. I promise it will change you.0 of 0 people found the following review helpful. Excellent read that I keep going back to over and over againBy Renee74Valerie Burton is one of my favorite life coaches. I have not personally been coached by her but I received her weekly emails. This book is full of practical advice. Even though it is 28 days or 28 chapters, I have stayed on 1 day for week. Why, I wanted to worked through the particularly issue. This book is always be my bedside and currently lent out to a friend. I am sort of having withdrawals, this is a good book to have when you just get lost in the middle of it all and need to refocus. Valerie touches on the importance of self care, personal development, connecting in relationships, finances, environment (home), and spiritual. I might just have to order another copy.4 of 4 people found the following review helpful. Inspired by GodBy DeltareviewerWork, Kids, Girl Scouts, Church Activities, Marriage, Social Networking, email the Internet, Phone calls, Television shows and Reading Books...with so much vying for your time - how do you accomplish it all? We are missing out on what really matters - cultivating relationships with those we love.Burton encourages us to start with a reality check to determine exactly how busy you are. Then she asks that you take the next 28 days to get your life together. Some helpful tips are:Schedule fun timeCut back on internet/email/text messages/twitterEat right exerciseBoost your personal hygieneReconnect with GodCelebrate your small successesCreate deliberate routinesRespect the pace of othersEnjoy the journeyBurton use real life case studies and personal experiences to explain that real change comes from God. The daily challenges, journal entries, thought provoking questions and one-minute meditations provide the information needed to free your schedule and give you time to smell the coffee. Remember that your life is a journey not a destination. You can take control, say no and have heart to heart connections with those that you love without rushing through every day.

Do you feel stressed, overworked, like yoursquo;re running on empty? Are you caught in the race to get it all donemdash;with little time to enjoy the rewards life has to offer? Therersquo;s no doubt about it: these days we are just too busy. With the conveniences of technology, wersquo;re compelled to get more done in less time and end up constantly striving for the next thing ndash; rarely stopping to consider if itrsquo;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 Burtonrsquo;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 Burtonrsquo;s ldquo;Ten Commandments of Self-Care,rdquo; each day presents an easy-to-follow task to help you strip away the meaningless activities that occupy your time and make room for what nourishes you--mind, body, and spirit. The tasks are simple but yield big rewards: Take a full hour for lunchSet ldquo;no-emailrdquo; periods Add fun goals to your to-do listEnd your day ldquo;on purposerdquo; ndash; meaning that you decide when to leave the office, head home, and fall asleep.Uplifting and inspiring, How Did I Get So Busy? offers an easy way to be rid of the busywork that fills our days and rediscover the life yoursquo;ve always wanted.

From Publishers WeeklyBurton, a certified professional coach (What's Really Holding You Back?), addresses the problem of rushed and overloaded lives in sympathetic, persuasive language, confessing that she, too, was once part of the busyness epidemic. She draws a firm distinction between being successful (reaping financial gain or status) and being fulfilled (living, working and loving in a way that brings you emotional and spiritual satisfaction). Above all, she believes busyness is often based in fear and interferes with the primary job of life: making authentic connections with others. Burton pushes the reader to make deep but simple shifts : taking all your vacation days every year and leaving the office for at least a half-hour during the day will allow you to set healthy boundaries. She outlines what she calls a self-care lifestyle, which promotes living well and in balance. Exercise, good health habits and pampering are crucial, she says. Each of the 28 short chapters ends with a challenge, a five-minute journal exercise and a one-minute meditation. Burton's book is a wakeup call, an effective and inspiring plan for change. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "A personal development expert offers convincing advice on how to get more out of life by slowing down, planning more carefully, and doing more of the things that

please you. Burton's Christian roots give the lesson a values context without weighing it down. Her spiritual foundation and optimistic personality make her ideas sound loving and easy to warm up to. Further, her enjoyable voice and warm reading style contribute to the program's pleasant, helpful tone. She adds meditations in this audio edition and brings to life her 28 recommendations (one for each day of her plan) with positive narratives from her life and those of many of her clients. An uplifting guide for anyone who wants to live with less stress and more personal balance." T.W. copy; AudioFile Portland, Maine