

Beyond Time Out: From Chaos to Calm



Beyond Time-Out: From Chaos to Calm by Beth A. Grosshans

★★★★☆ 4.5 out of 5

Language : English
File size : 645 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 399 pages



Are you tired of feeling overwhelmed, stressed, and out of control?

If so, you're not alone. In today's fast-paced world, it can be difficult to find a moment's peace. We're constantly bombarded with information, notifications, and demands on our time. It's no wonder that so many of us feel like we're on the verge of burnout.

But what if there was a way to break free from the cycle of chaos and achieve lasting calm in your life?

In her groundbreaking book, *Beyond Time Out: From Chaos to Calm*, Dr. Jessica Higgins provides a step-by-step guide to help you do just that. Drawing on her years of experience as a mindfulness teacher and therapist, Dr. Higgins offers a practical and evidence-based approach to stress reduction and time management.

Beyond Time Out will teach you how to:

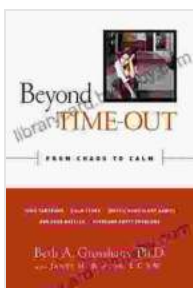
- Identify the sources of stress in your life
- Develop mindfulness practices to calm your mind and body
- Set realistic boundaries and protect your time
- Create a schedule that works for you
- Delegate tasks and ask for help
- Practice self-care and prioritize your well-being

With Dr. Higgins' guidance, you'll learn how to break free from the cycle of chaos and achieve lasting calm in your life. You'll be able to:

- Reduce stress and anxiety
- Improve your focus and concentration
- Increase your productivity
- Build stronger relationships
- Live a more fulfilling and balanced life

If you're ready to break free from the cycle of chaos and achieve lasting calm in your life, then *Beyond Time Out* is the book for you.

Free Download your copy today!



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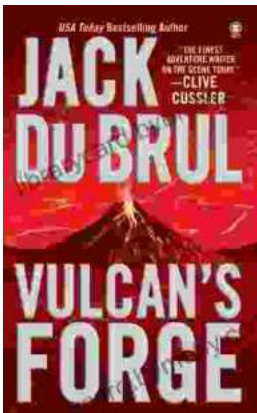
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