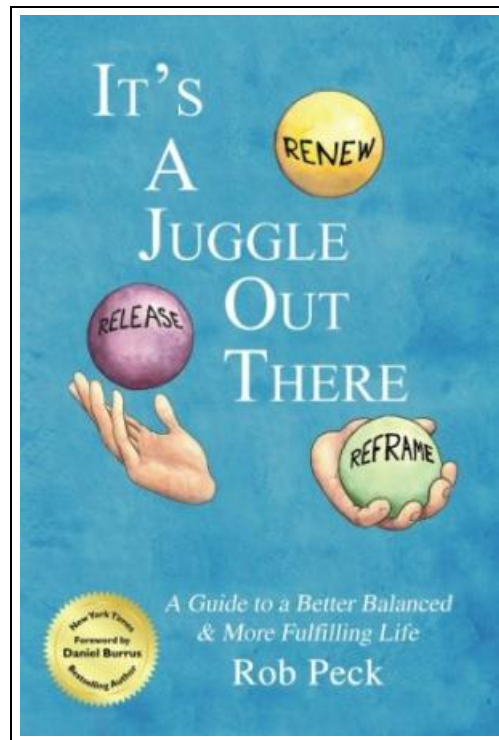


Its A Juggle Out There A Guide to a Better Balanced More Fulfilling Life



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Zestworks Publishing. Paperback. Condition: New. 174 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Its a juggle out there, and the speed we need to toss and catch is clearly accelerating. What isnt so clear is how to keep pace in a way that is exhilarating, not exhausting. Its a Juggle Out: A Guide to a Better Balanced and More Fulfilling Life There summarizes three large lessons from the craft of juggling that lead to better life balance and inner content: o LESSON ONE: find a rhythm that works best for your biology (and your biography) is a pivotal priority. The founder of Taoism, Lao Tzu, nailed it when he wrote, Timing is the root of all grace. o LESSON TWO: the ruin of peace is perfectionism. The key to leveraging our personal and professional effectiveness is to recognize what areas we can and cant influence, and focus within the locus of our control. In life, as in juggling, the best way to ensure accuracy is to take careful aim. o LESSON THREE: theres a thin line between racing and chasing. The beauty of a good juggling act or any graceful activity happens because performers know how to take their time. Theyve learned the core Zen practice of shifting from powerful effort to effortless power. Take the journey with the people who do well professionally, and personally, and wisely recognize that downtime is found money, a chance to relax, a moment to pause and reflect, providing vital replenishment. These are the times when the balls are hanging in the air like the spaces between the notes in a beautifully composed symphony. These rests complement the rhythm and the still points of silence that enhance the score. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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