



Life Lessons for Busy Moms: Essential Ingredients to Organize and Balance Your World

Jack Canfield, Mark Victor Hansen, Dorothy K. Breining, Debby S. Bitticks, Lynn Benson

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Organize Your World, Your Kids, Your Time, and . . . Make Room for Mommy

If you don't have enough hands, enough time in the day, or enough energy to balance everything—much less fit in a bit of "you time," then *Chicken Soup for the Soul: Life Lessons for Busy Moms* has the realistic, doable, and time-efficient tips that can transform your life. Moms who have been there will share how their quests were not focused on perfection, but on organization and ways to create the balance we all yearn for. Find out their secrets and learn how to:

- Nurture yourself—which in turn nurtures the family
- Keep an organized home and get the kids involved in chores, while bonding
- Feed your soul and find quality time to spend with yourself, friends, and partners

In this timely and much-needed book, the authors and busy moms band together and offer thirty-two life lessons that have worked for them. This book also provides a source of encouragement to promote balance and a greater quality of life for you and your family.

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