

A stack of five smooth, dark grey stones is balanced on a sandy beach. The stones are stacked vertically, with the top one being the smallest and the bottom one being the largest. The background shows a calm ocean under a clear sky. The text is overlaid on the right side of the image.

"Balance is not
something you
find, it's something
you create."

JANA KINGSFORD

Finding Balance

Jiyuan Zhang



Finding Balance:

Beating Burnout, Finding Balance Melo Calarco, 2023-02-23 INTERNATIONAL WINNER best WELLBEING and best WORK LIFE BALANCE book at the Goody Business Book Awards FINALIST in the award for HEALTH WELLBEING at the Australian Business Book Awards Manage overwhelm and find renewed passion in your life and work Never ending to do lists constant deadlines intense workloads and the guilty feeling you re not doing enough does this sound all too familiar If so it s time to take a step back and find a better balance for your work and life In this book you ll discover the simple practices that will help you create a healthy mindset boost your wellbeing and prevent overwhelm So say goodbye to fatigue with Beating Burnout Finding Balance you ll rediscover the energy you need to thrive Mindfulness and performance coach Melo Calarco shares the secrets to flourishing as a high achiever and an effective leader In this book he combines science practical knowledge and mindfulness techniques with the incredible life lessons he has learned as he cycled and trekked his way around the world You ll learn how you can apply the strategies that top performers from surgeons to CEOs to Olympic athletes use to conquer burnout and surpass their goals Use simple but highly effective strategies to improve your productivity and happiness Develop your self awareness so you can better balance your energy Build resilience and manage stress so you can perform in high stakes or unpredictable situations Find your focus and live with purpose passion and drive Through inspirational stories and proven techniques from mountaintop monasteries to executive boardrooms Beating Burnout Finding Balance gives you the tools to achieve your goals and live more meaningfully and mindfully 49 Days Spiritual Practice Adrian Cox B.Sc., 2023-12-07 The 49 day spiritual journey presented above is a transformative exploration designed to awaken the reader to a deeper understanding of their authentic self Each day focuses on a specific theme such as mindfulness gratitude self love stillness intuition courage and resilience The journey encourages the reader to reflect on their experiences challenges and personal growth fostering a connection with their true essence The practices outlined including journaling mindfulness exercises and self reflection aim to cultivate a profound awareness of one s thoughts emotions and inner world By embracing gratitude self love and courage the reader is guided toward a more authentic and fulfilling life The importance of resilience and the transformative power of stillness are emphasized providing tools to navigate challenges and find inner strength The journey concludes with a celebration of the reader s commitment to self discovery and an acknowledgment that the path is an ongoing lifelong process The summary encourages continued exploration setting intentions for integrating the wisdom gained into daily life and embracing the evolving nature of self discovery Overall the 49 day spiritual practice serves as a guide for those seeking a deeper connection with themselves offering practical tools and insights to illuminate the path toward authenticity self awareness and personal growth

Thrive Through Yoga Nicola Jane Hobbs, 2017-12-28 A revolutionary 21 day yoga and mindfulness plan to help free you from the anxieties and worries of modern life Whether you long to live with less stress reduce anxiety find the confidence to

follow your dreams or simply find more happiness and meaning in your everyday life Thrive Through Yoga will take you on a journey towards health strength and freedom Thrive Through Yoga unites ancient wisdom with modern psychology to create a revolutionary route to freedom from the anxieties and worries of 21st century living This life changing 21 day journey maps out a clear path to healing and personal growth through daily yoga routines heart centred explorations and meditations Find the inspiration guidance and courage to let go of whatever is holding you back transform struggle into strength and grow as bold and brave and beautiful as you were born to be **Techniques of Grief Therapy** Robert A. Neimeyer,2012

Techniques of Grief Therapy is an indispensable guidebook to the most inventive and inspirational interventions in grief and bereavement counseling and therapy Individually each technique emphasizes creativity and practicality As a whole they capture the richness of practices in the field and the innovative approaches that clinicians in diverse settings have developed in some cases over decades to effectively address the needs of the bereaved New professionals and seasoned clinicians will find dozens of ideas that are ready to implement and are packed with useful features including Careful discussion of the therapeutic relationship that provides a container for specific procedures An intuitive thematic organization that makes it easy to find the right technique for a particular situation Detailed explanations of when to use and when not to use particular techniques Expert guidance on implementing each technique and tips on avoiding common pitfalls Sample worksheets and activities for use in session and as homework assignments Illustrative case studies and transcripts Recommended readings to learn more about theory research and practice associated with each technique Dimensions of Human Behavior Elizabeth

D. Hutchison,2008 Organized around time the Third Edition of Dimensions of Human Behavior The Changing Life Course helps students understand the relationship between time and human behavior Using a life course perspective author Elizabeth D Hutchison shows how the multiple dimensions of person and environment work together with dimensions of time to produce patterns in unique life course journeys The Third Edition is updated and revised to respond to the rapidity of changes in complex societies New to the Third Edition Examines our increasing global interdependence The human life course is placed in global context Recognizes scientific advancements Advances in neuroscience have been incorporated throughout the chapters Emphasizes group based diversity More content has been added on the effects of gender race ethnicity social class sexual orientation and disability on life course trajectories Reorganizes family dynamics Greater attention has been given to the role of fathers Reflects contemporary issues New case studies exhibits and Web resources have been added to provide the most up to date information Sagacity Rev.Emily Kadi DD,2007-02-20 This anthology of the wisdom teachings of the sages is designed to be used as a reference or self help or in classes or groups It helps people to become aware of the possibilities of personal Soul growth to grow into living authentically as who and what one really is The book is offered as a course of study Ancient wisdoms teach us that when we know our own soul and live in integrity with it then we are happy healthy holy harmonious people who can and do fulfill the purpose of our birth Current wisdom teachings

from current day Sages is included The course is designed to accommodate the focus of study on one concept per day for one year Each wisdom teaching is offered as a starting point for the possibility of perceiving the human life experience from a different perspective It is one way of applying the ancient teachings to contemporary life It is up to each individual to explore and experience each concept to determine the value of it to Self Each wisdom work and or author is introduced by a short essay on the work There are daily guides monthly summaries author summaries and a bibliography to gain more information on concepts of particular significance to the individual

[Avoid Husband-Hating After Kids::](#) Josh K. Edwards,2025-06-24
Avoid Husband Hating After Kids Winning Steps to Improve Your Relationship With Your Couple As parents we embark on one of life s most rewarding and challenging adventures with our hearts filled with unconditional love for our children However amidst the beautiful chaos of raising kids it s essential not to lose sight of the foundation that brought us together the love between partners In this book we delve into the heart of the matter how to navigate the ups and downs of parenthood while sustaining a thriving and loving relationship with your partner Here Is A Preview Of What You ll Learn Effective Communication Bridging the Gap in Parenthood Balancing Responsibilities Creating a Fair Division of Labor Prioritizing Intimacy Reviving Romance in Busy Parenting Lives Overcoming Resentment Healing Wounds and Building Bridges Embracing Change Adapting to New Roles and Identities Managing Stress Strategies for Coping with Parental Pressure Strengthening the Parenting Partnership Teamwork and Collaboration Resolving Conflicts Constructive Approaches to Disagreements Finding Balance Juggling Work Parenthood and Marriage Unplugging and Connecting Reducing Screen Time for Quality Time Celebrating Milestones Cherishing the Journey as a Couple and Parents And Much much more Take action now follow the proven strategies within these pages and don t miss out on this chance to elevate your mindset to new heights Scroll Up and Grab Your Copy Today

Awakened Mind: Discover Inner Clarity, Authentic Power, and True Purpose Mateusz Janeczek,2024-11-05 Awakened Mind is more than a book it is a sacred invitation to rediscover the clarity balance and purpose that already live within you It is a transformative guide for those who are ready to quiet the noise break through limiting patterns and awaken to the deeper intelligence of the soul Through reflective insights and carefully designed chapters this book empowers you to find serenity amid life s chaos and reclaim your inner peace release fears doubts and beliefs that no longer serve your highest path reconnect with your intuition and access the quiet strength that has always been yours live with authenticity courage and a deep sense of aligned purpose Each page is infused with intention crafted to awaken your senses ignite your inner vision and guide you gently back to your true essence As you journey through its words you will find yourself peeling back the layers healing what was hidden and stepping fully into your light Awakened Mind is a return to presence a return to power and most of all a return to yourself If you re seeking truth meaning and a path to wholeness this book will meet you where you are and walk with you every step of the way

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The Top Books of the Year Finding Balance The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Finding Balance : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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