



Find Your Balance Point: Clarify Your Priorities, Simplify Your Life, and Achieve More

Brian Tracy and Christina Stein

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Everyone today has too much to do and too little time - that's not going to change. The only way to make our lives less stressful is to make sure we spend more time doing the things that matter most and less time doing the things that matter less. When we're not clear on what is really important, we make thoughtless and impulsive choices and end up feeling exhausted and unfulfilled. Bestselling author Brian Tracy teams up with therapist Christina Stein to show how to find true balance - when all your actions and choices are guided by a profound knowledge of your deepest personal values, vision, purpose, and goals. Not only will you feel less stressed, but you'll accomplish more, and more efficiently, than you ever thought possible. When you operate from your true balance point, you feel clear and focused, and everything in your life feels like it is in perfect harmony. You go through your day with courage, confidence, and purpose because everything you do is in alignment with who you are. Through questions that guide you to reflect and focus, as well as concrete action steps and exercises, Tracy and Stein help you discover your personal balance point and show how you can use it to set priorities and manage your time in a way that both energizes you and simplifies every aspect of your life. The result is a new, active approach to integrating life balance, work achievement, and time management.

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