



Walking the Tightrope: 101 Ways to Manage Motherhood and Your Sanity

By Dr. Monica A. Dixon

AuthorHouse. Hardcover. Book Condition: New. Hardcover. 164 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. The book is divided into three main sections in order to address the physical, emotional and spiritual aspects all of us experience as a part of being human. Each section builds on the previous, but also stands on its own. Section I helps you look at where you are now. You will assess your current life on the Wheel of Life in order to pinpoint your strengths and problem areas. As a working mom, it becomes easy to see the microscopic, day-to-day view of your life, but much harder to see the macroscopic, or whole. Often clients who have done this exercise will remark, You know, Ive been so busy working that I forget that I need time to exercise, or I keep working out at the gym and have forgotten that I need to spend some time praying, too. In Section II, you will learn positive ways to nurture both yourself and your familys health to help you perform at an optimum level. I consider this the building block to leading a balanced life because without good health, little else matters. Without the energy to get...



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