



BUSY MOMS - How to Make More Time for YOU

Shiree A Best

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Do you ever feel overwhelmed? Do you run from sunup to sundown without ever or rarely being able to get it all done, or wonder where the time went each evening when you still have a list of things you didn't get done that day? If keeping the house clean, keeping up with the kids and doing all the "necessary" things are wearing you down. If at the end of the day you drag yourself into bed exhausted, wondering if you are losing yourself, your personality, and your identity, then this book is for you! There is HOPE! Things can CHANGE! There absolutely is a way to accomplish the have-to's in your life, leaving time for the other things that are important to you! This book will help you figure out what works for your family, and how to help you successfully accomplish the "have-to's" so that you have time for what you want to do, time to enjoy your life, and have fulfillment and balance!

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Sharon Hollars:

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