



## Walking the Tightrope: 101 Ways to Manage Motherhood AND Your Sanity

By Dr. Monica A. Dixon

AUTHORHOUSE, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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, I ve 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 family s health to help you perform at an optimum level. I consider this the building block to leading a balanced life because...

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