

## Essentials Of Essentialism: From Overwhelm To Bliss



Special Summer Sale Find Your Essentials and Live Your Dream Life You are busy and your schedule is crazy and seriously hectic. You dont have time for yourself or time for much else. I understand because I was just like that, overwhelmed and overextended. I was working 80 hours a week between a job that paid the bills and work that I hoped would pay the bills one day. I was trying to squeeze in time for family and friends and a spouse. I had pretty much given up on time to run, do yoga, read a book, or spend time relaxing. I relied on junk food and sugar to fuel the insane schedule that was day to day life. I had gained weight and I ached everywhere. My patience was thin and I snapped at anyone and everyone easily. I was not happy but on the outside, I looked like I had it all. Inside, I was falling apart and I no longer liked who I had become. In this book, I will share some insight, suggestions and advice so that you can make some positive changes in your life. Its time to focus on the essentials and reduce your stress. Its time to take control of your life. Do you find yourself feeling overwhelmed and overworked? Do stress and anxiety and constant overexertion leave you feeling unsatisfied, exhausted, and unfulfilled? Do you feel like youre losing yourself to the constant bustle of life? If you find yourself feeling lost, unhappy, and bogged down by a hectic schedule or over commitment, then a complete overhaul of your priorities may be in order. The truth is, you dont have to live like this. Taking back your life is not only necessary but possible thanks to The Essentials of Essentialism: From Overwhelm to Bliss. In this comprehensive guide to Essentialism, you will find the tools to unclutter your life, reduce stress, tackle exhaustion, and live your authentic life. With its no-nonsense approach to making positive changes in ones life, Essentialism tackles the extraneous and unhealthy filler

that plagues our everyday lives and strips them away to the bare essentials, so that you may get back to your authentic self. Prioritize your happiness and grab your copy of The Essentials of Essentialism: From Overwhelm to Bliss today! Download Your Book Now and Take The Control of Your Life!

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