

Achieving Balance - A simple book that will change your life. I strongly recommend that you have this book on your bedside table as a reference point for life. Would you like your life to feel more enjoyable and fulfilling? Is it time to empower yourself and take control of your emotions? Learn how to improve your relationship with yourself and others. Balance affects everyone, without exception. Achieving Balance is not the sole preserve of spiritual masters, gurus and the like. The things they are doing can be done by anyone who has a certain level of knowledge and a resolve to apply some of the techniques to their life. Achieving balance and fulfillment is attainable for all of us. How do I know that? Because fulfillment and balance are not dependent on external factors, they are only dependent on the perspective you choose to adopt. The balance that you feel is determined by the degree of alignment of your self image with who you really are. Reflecting the author's quest, this book explains the main elements of balance and how to apply them to your life. The concepts are presented in an accessible, simple and visual way to make them understandable and digestible to a wide audience. Understanding and achieving balance does not have to be a difficult path. Everything you need to know is in the book. All that is required is an open mind and a willingness to change old habits. Everyone's journey in life is different, but the principles of balance like the laws of physics, are the same for all of us. They can be learnt the hard way or the easy way. Fantastic illustrations reinforce the wisdom which is evident and dramatically portrayed throughout. A small investment for a huge return. The most comprehensive, accessible guide to balance currently available. About the Author Allan Willis was born in 1966 and lives in Buckinghamshire, England. What qualifies someone to write a book on balance? For me, it is the combination of studying the subject and additionally, and perhaps more importantly, through practical life experience. On a practical level experiencing a lack of balance, or imbalance, is just as important to the learning process, if not more important, than experiencing balance. It is like sailing a boat, you do not learn how to sail on a calm sea, it is only when a storm happens that you really learn how to sail. My life experience has been extreme and this has given me a passion for balance. My personal quest to find balance has been all consuming and I have read literally hundreds of books along the way. Looking for answers relating to balance has been driven as much by necessity as anything else. And finally my 25 year journey has culminated in a simple book about balance that will help people. The journey I have taken has value because I am able to give something back. Importantly I can help others avoid the pain that a lack of balance inevitably results in. I realised that the principles of balance that have taken me so long to discover apply to everyone, we are all simply reinventing the wheel. I set out to create the most comprehensive and yet simple to understand guide to balance that answers the questions 'What is balance?' and 'How to apply balance to your life?'. It was important to me that the book was very visual and this is why Achieving Balance contains over 60 artist's illustrations. Over the years I have been a moneybroker in the city of London, an entrepreneur, a knowledge broker and latterly a mentor to entrepreneurs, and those seeking to fine tune their 'perceptive awareness'. I have found that 'giving back' is just as important as 'taking out'.

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Achieving Balance has 33 ratings and 2 reviews. Allan said: Covers a wide range of topics on Self Help and gave some interesting perspectives that I have. 19 Feb - 2 min - Uploaded by Allan Willis Achieving Balance is a simple book that will change your life. More information about. Buy Achieving Balance: A Simple Book That Will Change Your Life by Allan Willis , Carien Yatsiv (ISBN:) from Amazon's Book Store. Everyday. i balance achieving balance allan willis book self help improvement empowerment.

Achieving balance is not the sole preserve of spiritual masters, gurus and the like . Would you like your life to feel more enjoyable and fulfilling? Is it time to. 'A top table tasting menu of the main elements of balance and how to apply them to your life' Achieving Balance - A simple book that will change your life. 'A simple book that will change your life', is the perfect strapline for this book. There are many levels of meaning in this book and, depending on where you are in.

Achieving Balance by Allan Willis, , available at Book Achieving Balance: A Simple Book That Will Change Your Life. 'The high destiny of the individual is to serve and not to rule' Albert Einstein Changing the way you look at things will literally change your life and this is a big . Achieving Balance - A simple book that will change your life. 'I strongly recommend that you have this book on your bedside table as a. excerpted from Chapter 7 of her book, Nine Simple Laws to Create Joy and Grace: A changes you can make in your personal quest toward achieving healthy. If you're looking to turn over a new leaf and change your life for the better, we've This list of 10 books in personal transformation and self help will bring you shedding self-consciousness, selfishness, and a sense of time and achieving If you're wondering how to strike a balance between work and life.

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