



# **From Frazzled to Focused: The Ultimate Guide for Moms Who Want to Reclaim Their Time, Their Sanity and Their Lives**

*Rivka Caroline, Amy Sweeting*

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It takes more effort to be disorganized than to be organized

Written by a mother of seven with the overwhelmed, stretched-too-thin, sleep-deprived mom in mind, From Frazzled to Focused walks busy readers through the easy-to-follow steps that will help them arrange their lives so they have more time to do what they love each day.

The four components of Caroline's unique time-management method will help any overextended mother create systems from the chaos of a hectic household:

- \* Select (help moms determine what that should focus their limited time and attention on)
- \* Simplify (how to streamline mental and physical space)
- \* Systemize (create simple systems for everyday life to keep things running smoothly)
- \* Sustain (maintain those systems and tweak when necessary).

Having these systems in place is the key to a more organized, relaxed life. Readers will learn how to free up space, reduce anxiety, and spend more time on the things that really matter.

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People live in this new moment of lifestyle always try and must have the spare time or they will get lot of stress from both way of life and work. So , when we ask do people have time, we will say absolutely of course. People is human not really a huge robot. Then we question again, what kind of activity are there when the spare time coming to anyone of course your answer will certainly unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, the actual book you have read is actually From Frazzled to Focused: The Ultimate Guide for Moms Who Want to Reclaim Their Time, Their Sanity and Their Lives.

#### **Gale Kizer:**

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