



## How Did I Get So Busy? (Paperback)

By Valorie Burton

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc), United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Do you feel stressed, overworked, like you're running on empty? Are you caught in the race to get it all done--with little time to enjoy the rewards life has to offer? There's no doubt about it: these days we are just too busy. With the conveniences of technology, we're compelled to get more done in less time and end up constantly striving for the next thing - rarely stopping to consider if it's something we even want. As a result, we end up missing out on the things that truly matter: our relationships, the activities we love, quiet time to reflect and replenish our energy. Valorie Burton's *How Did I Get So Busy?* is the solution for anyone who feels perpetually overwhelmed and overworked: a simple, effective 28-day program to help you rediscover your true priorities, shift out of overdrive, and reclaim your life and schedule. Built around Burton's Ten Commandments of Self-Care, each day presents an easy-to-follow task to help you strip away the meaningless activities that occupy your time...



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