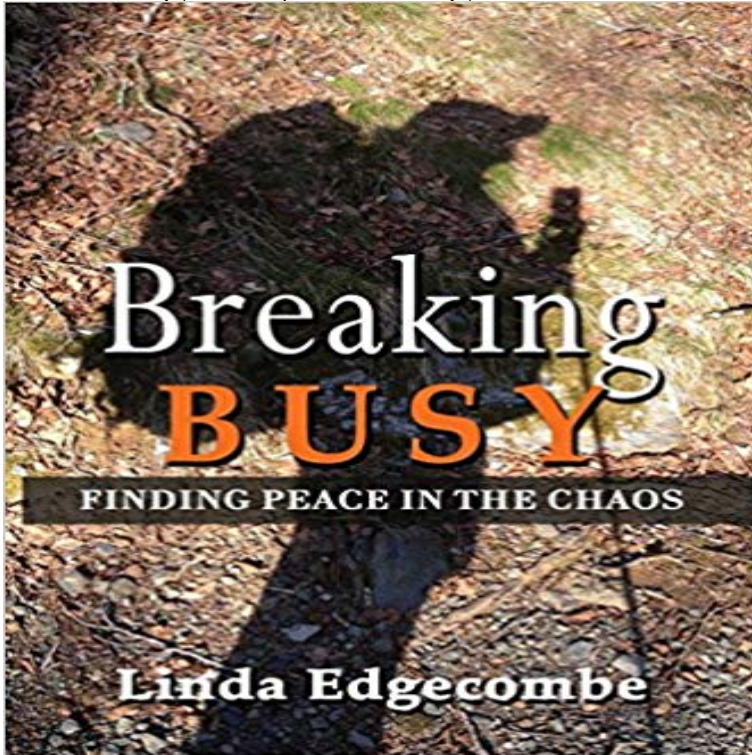


## Breaking Busy: Finding Peace In The Chaos



Honestly, how are you doing? Would your answer be fine and the conversation ends there? Based on Busy Audit research, Breaking Busy sorts through the effects that just being fine is having on us, and why if we were not saying we were fine, we were BUSY! (the second most common, and I believe the more important, response to how we were doing). If the sentiment Holy crap Im BUSY! strikes a chord, then this book is for you. Our Busyness has become an epidemic. Have you ever wondered how in a single generation, we have become helicopter parents, taxi drivers, professional party planners and fundraisers? Not to mention being fulltime employees and part time business owners on the side? We've forgotten how to fuel that parts of ourselves and our lives that really matter, as we HOVER through our days. What is it that has caused us to lose that lovin' feeling? Its time to rediscover our happiness and what we REALLY WANT in life. Its time to say, You know what guys, it doesnt get any better than this! Join me in Breaking Busy, as we dive into: - How did we get so Busy? - What being Busy is doing to us? - How to step off the BUSY Treadmill and Find Peace in the Chaos. You wont regret it.

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