



# Work-Life Balance for Stressed Moms: How To Be More Productive and Stop Feeling So Overwhelmed

*Christine Holt*

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## **Work-Life Balance for Stressed Moms: How To Be More Productive and Stop Feeling So Overwhelmed** Christine Holt

Do you feel like you're busy but not really getting anything done?

Does work, play dates, doing laundry, cooking, cleaning and a million other things make you feel overwhelmed?

Are you stuck in a rut and can't seem to get your good mom groove back?

Does work-life balance seem unattainable?

Unfortunately most of us feel really busy but are just procrastinating and have bad time management habits.

What mother doesn't want work-life balance? We all want to spend more quality time with our kids and spouses but our to-do list never seems to end.

This book contains easy to follow tips for you to make the most of your time each and every day so you can find some balance and calm in this crazy journey called motherhood.

Here Is A Preview Of What You Will Find Inside

- Learn to Create Real expectations for yourself
- Am I a good mom?
- Time management techniques to help you be more productive each day/week
- Tips on How to Create a Schedule
- Ideas of How to get out of a Rut
- How to Connect with Other Moms

And much more!

If you are a mom that is struggling to find work-life balance or any balance for that matter then start reading now.

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