



Stop Screaming At The Microwave: HOW TO CONNECT YOUR DISCONNECTED Life

Mary LoVerde

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AN OVERFLOWING IN-BOX...AN OVERFLOWING SINK FULL OF DIRTY BREAKFAST DISHES...IS THIS WHAT THE EXPERTS MEAN BY "HAVING IT ALL"?

You've organized, prioritized, delegated, and simplified, and you still don't have enough time for your family, your spouse, your friends, your boss -- much less yourself! You're a veteran of the time-management wars, fighting for the life balance ideal -- and you're losing. So, short of quitting your job and running away from home, what do you do when you can't keep up? The answer, says Mary LoVerde, is to reach out and *connect* -- with loved ones, with colleagues, with yourself! Instead of wondering how you're going to get it all done, you'll master the connection solution by

1. Asking **FOUR SIMPLE QUESTIONS**: A new way of figuring out what to do next
2. Using **MICROACTIONS**: Teeny, tiny steps to propel you toward your goals
3. Rethinking **RITUALS AND TRADITIONS**: Preserve what's important to you and your family, and get rid of the time-consuming things that everyone takes for granted
4. Instituting **POLICIES**: Easy short-cuts sure to bring tranquillity into your daily life
5. Making a **MEMORY JAR**: One of many creative ways to connect

If you're concerned about the quality of your home life, your work life, and your inner life, you're about to discover that connection works better than the fanciest daily planner you'll ever fall for. Toss out the to-do lists -- it's time to *Stop Screaming at the Microwave...and connect!*

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From reader reviews:

Karen Lawless:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a e-book. Beside you can solve your condition; you can add your knowledge by the guide entitled Stop Screaming At The Microwave: HOW TO CONNECT YOUR DISCONNECTED Life. Try to make book Stop Screaming At The Microwave: HOW TO CONNECT YOUR DISCONNECTED Life as your pal. It means that it can for being your friend when you experience alone and beside associated with course make you smarter than ever. Yeah, it is very fortunated for you personally. The book makes you a lot more confidence because you can know every thing by the book. So , let's make new experience as well as knowledge with this book.

Stephen Hill:

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Dawn Fernandez:

Your reading sixth sense will not betray you, why because this Stop Screaming At The Microwave: HOW TO CONNECT YOUR DISCONNECTED Life guide written by well-known writer whose to say well how to make book which can be understand by anyone who all read the book. Written inside good manner for you, dripping every ideas and creating skill only for eliminate your personal hunger then you still doubt Stop Screaming At The Microwave: HOW TO CONNECT YOUR DISCONNECTED Life as good book not simply by the cover but also through the content. This is one publication that can break don't ascertain book by its protect, so do you still needing another sixth sense to pick this kind of!? Oh come on your studying sixth sense already told you so why you have to listening to an additional sixth sense.

Willie Briggs:

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