

Work-Life Brilliance: Tools to Break Stress and Create the Life and Health You Crave

Foreword by Susan Scott, bestselling author of *Fierce Conversations*

WORK-LIFE BALANCE BRILLIANCE

Tools to **Break Stress** and Create
the **Life and Health** You Crave

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ASIN	B06Y6HT3MW
Pages:	173
Author:	Denise Green
Goodreads Rating:	4.00
Published:	April 17th 2017

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If you've been searching for that elusive work-life balance oasis, or if you've ever described yourself as "super-busy," this book is for you. There is a way for you to feel more fulfillment and ease in all parts of your life: health, work, relationships, and home. But you won't find it by trying to "balance" your time. For over a decade, Denise has been lighting the way for corporate humans, showing them simple steps to reducing overwhelm and achieving profound fulfillment in all areas of their lives. In *Work Life Brilliance*, author and executive coach Denise R. Green teaches you:

- o How to reduce stress now, and for the long term.
- o How to shift negative thoughts instantly and create a naturally more positive outlook.
- o The truth about why you've failed to change habits in the past (hint: it wasn't your fault) and how to trick your brain so you can change any habit for good.

- o How to say no with grace, not guilt—and build better relationships, results, and relationships in the process.
- o How to sleep better, no matter what you've tried in the past.
- o How to build relationships that help you be your best.