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expert Elaine St. James

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providing one hundred
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and satisfying way of
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Provides suggestions for eliminating complicated, redundant, and unpleasant obligations related to Christmas preparations and celebrations

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SIMPLE LIFE is the blueprint you need. And if you've already started to simplify, it will give you new insights and ideas for what to do next on your journey to a more balanced, peaceful life. In these pages, you'll discover how simplifying your life will:

- Give you more time to play and relax
- Make you more productive at

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work Unleash your
creativity and open up
new possibilities Free up
time for you to face the
challenges you've been
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Enjoy More.

Bring balance to your
days with these smart,
sensible tips—and stop
your job from taking
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James ' million-selling

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Simplify series has taught the world how to start doing less and enjoying it more. Now Elaine teaches us to balance one of life ' s most difficult areas: the work world. Filled with helpful advice and profoundly smart suggestions, this book shows us big and small ways to scale down and simplify life on the job,

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such as:

- Breaking the habit of bringing work home from the office
- Estimating the time it will take to complete a project, then doubling the estimate
- Cutting back on the amount of time you spend working
- Learning how to make the right decisions quickly

Written in the same upbeat, relaxed, and matter-of-fact tone

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that won millions of readers to the simplicity movement, Simplify Your Work Life comes from the syndicated weekly columnist carried in 50 newspapers nationwide and read by more than two million fans each week. “ Plenty of sound advice. ” —Booklist

The author of Simplify

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Your Life offers a path to the simpler life of mind and spirit through meditation, solitude, making spirituality a regular part of the day, and getting in touch with your creativity.

Simplicity expert Elaine St. James, author of "Simplify Your Inner Life", has a solution for beleaguered parents

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everywhere. "Simplify

Your Life with Kids"

offers practical, down-to-

earth advice for the

vital, time-demanding,

perplexing issues that all

parents face. St. James

explores such topics for

simplifying family life as

making mealtime fun,

stopping tantrums,

establishing a simple

bedtime routine, and

more.

Download File PDF Simplify Your Life Elaine

A collection of sensible solutions and sage wisdom offers daily advice on how to manage the chaos created by any modern life, ranging from "Always sit down to eat" to "Beware of exercise equipment, fire your personal trainer, and go take a walk." Original.

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A trio of popular Elaine St. James inspirational self-help guides--Simplify Your Life, Inner Simplicity, and Living the Simple Life--explains how to rid one's life of unnecessary clutter and offers practical advice on how to slow down and rediscover the things that truly matter.

When we purposefully

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change our handwriting, we introduce attitudes that can improve our relationships, give us the impetus to achieve and take risks, and simply bring out the best in us. This is because our handwriting is a reflection of our innermost thoughts and feelings. When we fall in love, survive a serious illness, or change

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careers, our view of life is dramatically altered and, as a result, our handwriting patterns change. Conversely, desired transformations can result from intentionally changing the way specific letters are written: * Stick to that diet by changing the letter T. * Avoid being overlooked for that well-deserved

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promotion by changing
the letter G. * Reduce
stress and cease juggling
too many things at once
by changing the letter S.
* Overcome shyness or
stage fright by changing
the letter A. Included is
an enlightening
assessment test that
identifies those
personality traits
requiring attention.

Your Handwriting Can

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Change Your Life

Elaine St James
profoundly reveals that
the key to making
dreams come true is as
simple as putting pen to
paper.

This ground breaking
work goes beyond the
books that tell you how
to simplify your life.

This book reveals what
has happened in the
lives of real people who

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have done it. Based on the author's three-year study of over 200 people from 40 states and eight countries, *Choosing Simplicity* is a delightful and rich blend of real-life profiles and guidelines on simplicity. Interwoven throughout the stories are the author's insights and guidance for those who want to explore

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simplicity and those who have already embarked on this journey. The book also includes a 16-page Resource Guide with reviews of 42 books on simplicity, information on related web sites, organizations, simplicity study circles, workshops, newsletters and magazines.

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