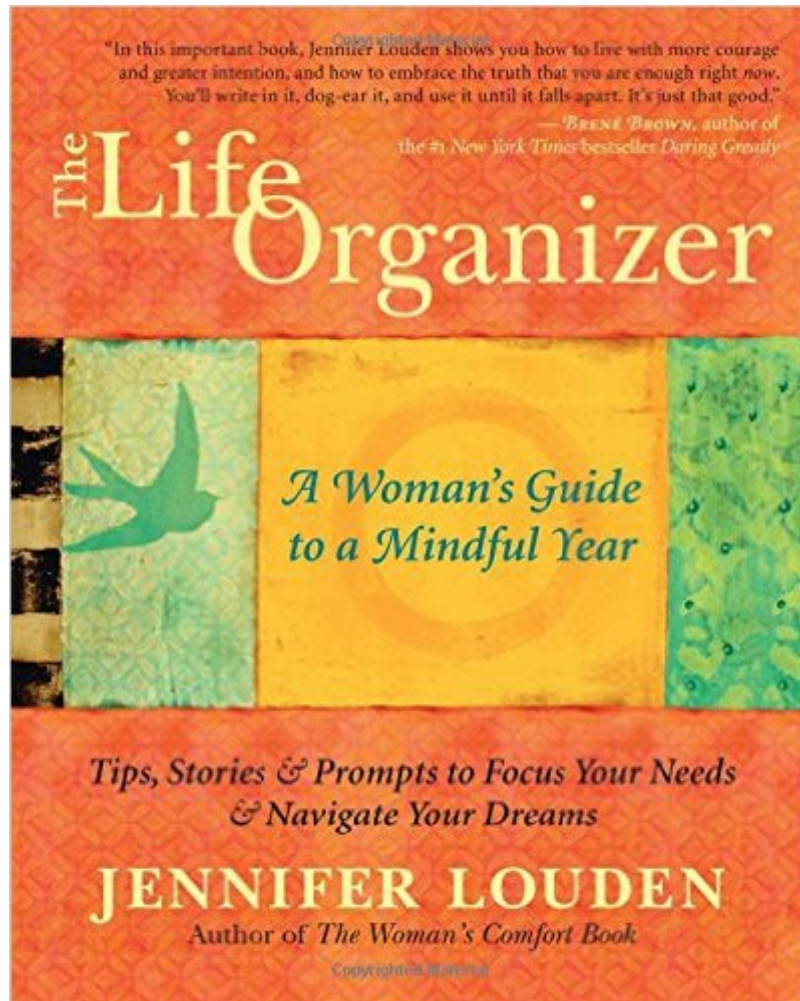


The book was found

The Life Organizer: A Woman's Guide To A Mindful Year



Synopsis

We all yearn to have time for personal needs and creative dreams — after all, this is our life to make the most of. And we all know how hard it is to remember what really matters. With distractions from jobs, aging parents, and children — not to mention womenâ€™s perennial fear of being labeled “selfishâ€•— following our own desires and dreams can become ever more elusive. The Life Organizer aims to help you shift your focus, augmenting traditional goal setting with the ease that comes from steady inner listening and mindfulness. It will become your trusted companion — and maybe the most important book youâ€™ll ever own.

Book Information

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (76 customer reviews)

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Customer Reviews

"I had to create a new way of dealing with the overwhelm after trying to squash my life into organizing systems that didn't fit and didn't help." - Jennifer LoudenI'm used to reading books cover to cover, so The Life Organizer by Jennifer Louden threw me for a loop. Decidedly non-utilitarian, I found the book disconnected and disorienting--at first. I set it aside in mild frustration. But amid the dozens of books, audios, DVDs and decks strewn about my house waiting to be read/heard/viewed/reviewed, The Life Organizer kept calling out to me. I just HAD to pick it up...more than once. Apparently, I didn't take the author seriously when she wrote:"This is not a typical self-help book--it's not meant to be read cover to cover. It's not offering you advice and it doesn't contain a single idea about how to make yourself better than or different from how you already are. Rather, it's an interactive guidebook, a collection of possibilities to inspire you in creating your way of participating with life and with your gifts."Ahhhhh...something different. An

approach from the right brain--a place of intuition and heart-centered, body-honoring knowing, instead of the usual left-brain "do this or else" analytical approach. Louden acknowledges that living from the inside out may feel like "we're making it up as we go along"--and this is perfectly normal. In fact, her method of life organizing is "fluid and flexible improvisation"--it is "always evolving and is unique to you." So I delved right in to the Life Organizer--randomly and frequently--and wouldn't you know it...I found exactly what I was looking for every time! It was uncanny how I stumbled on relevant anecdotes, observations, or questions for contemplation.

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