



# REBALANCE

LEADING A MORE FULFILLING LIFE

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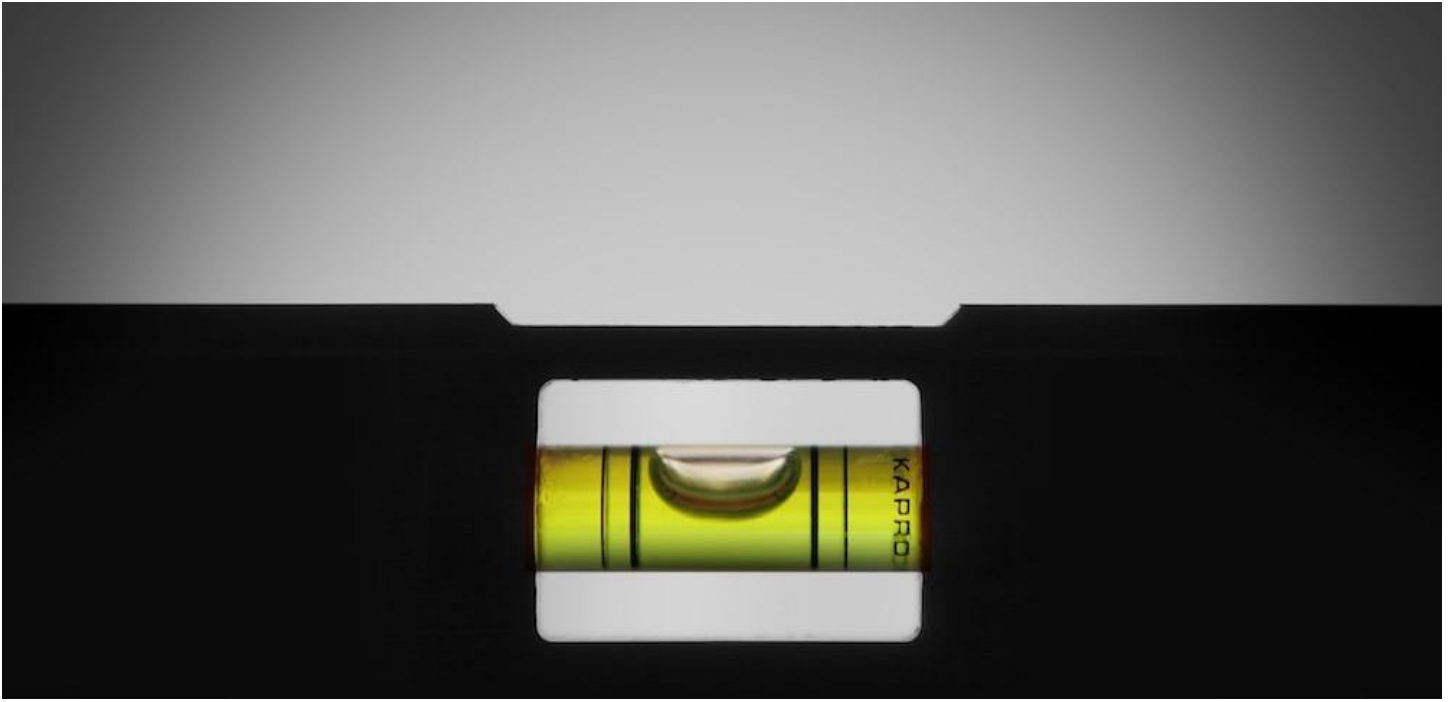
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## Introduction



What does life look like when *everything* works?

All areas of your life are addressed and fulfilled. You are living a life in balance. It's the feeling you get at the end of the day when you know you did all the right things.

It's knowing the most important relationships in your life are strong, and you've been able to enjoy social interactions.

It's knowing you're doing the right things for your health and feeling good.

It's knowing your life has purpose and meaning.

Balance is feeling **all of that all at once**.

Sounds amazing, right?

Unfortunately, it is difficult to find this kind of balance. As soon as you start doing well in one area, you realize you are overlooking another.

If this sounds familiar, this book has what you need to sort out how to balance (or, in some cases, to rebalance) your life.

It will start with basic definition, then go into a deep dive into what balance is. It will examine how great it feels and what life looks like when you don't have it.

It'll even teach you how to determine what areas of your life might be falling out of balance ...or need a little fine-tuning.

Most importantly, it will take you through a step-by-step process of finding the balance you need before ending by teaching you how to maintain it.

All in all, you have a pretty interesting journey in front of you. Ready to get started?

Let's begin!