



## Ease: Manage Overwhelm in Times of Crazy Busy (Paperback)

By Eileen Chadnick

iUniverse, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. We live in times of unprecedented busyness. The demands and pace of work and life are at an all-time high, and they don't appear to be slowing down. Whether our loads are self-imposed or put on us by others, most of us are doing our best to squeeze it all in-and we're starting to burst at the seams. In Ease, author and certified coach Eileen Chadnick offers a prescription for these busy times with a toolkit of hundreds of tips and strategies to bring more ease into your work and life. The strategies- tried and tested through Chadnick's personal experience with herself and her clients- draw from the wisdom of neuroscience, emotional intelligence, positive psychology, leadership, and coaching. In Ease, Chadnick divides the tools into three areas of focus to leverage the mind-brain connection, empower mindful thinking strategies, and highlight the positivity advantage. Ease is about more than just getting things done; it seeks to help you alleviate overwhelm, reconnect with your work-life mojo, and experience greater personal and professional well-being. Rooted in science, research, and common sense, Ease is a powerful...



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