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From Frazzled to Focused 10 Keys to Slowing Down and Simplifying Your Life Fill your own cup first, and then give away what flows over to the saucer. This is often the hardest thing for people to do, especially women, because we are naturally givers and want to make sure everyone else is happy and well cared for.

From Frazzled to Focused - 4wordwomen.org

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In my e-book, From Frazzled to Focused: 7 Planning Tools for Busy Moms, I share powerful yet realistic ways to move past the juggling act and find balance so you, your family, and your business can flourish. As a bonus, youâ€™ll also receive access to the exact planning forms I created to balance my own busy life.

From Frazzled to Focused: Planning Tools for Busy Moms

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ABOUT RIVKA: Is a Mom of 7, Author of Frazzled to Focused, Rabbiâ€™s wife and CEO of the professional Time Management Consultancy SoBe Organized. She teaches both individuals and small businesses how to leverage their time to work effectively and find time for the things that count.

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