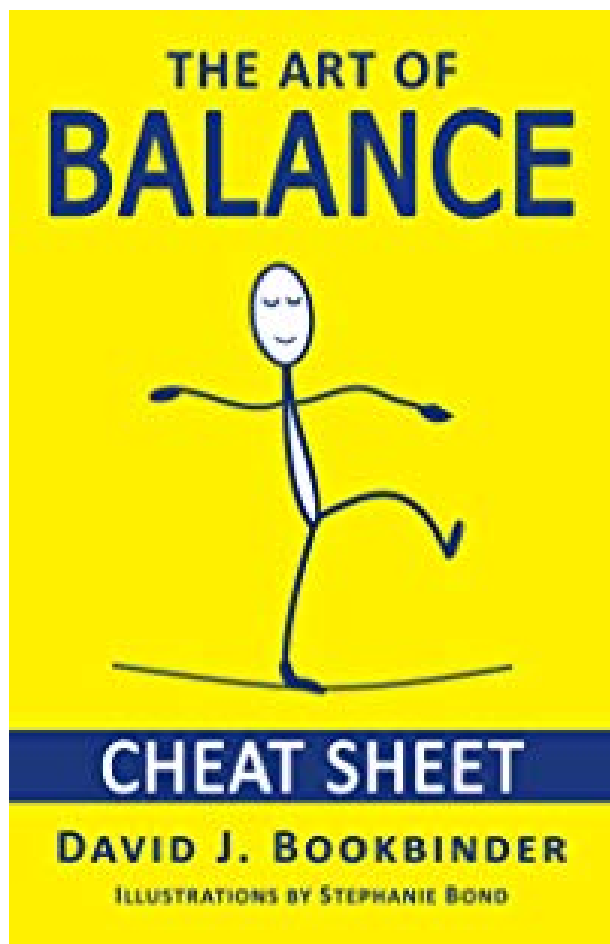


# The Art of Balance Cheat Sheet



<b>Pages:</b>	22
<b>ASIN</b>	B079R8XZTS
<b>Author:</b>	David J. Bookbinder
<b>Goodreads Rating:</b>	5.00
<b>Published:</b>	February 11th 2018 by Transformations Press

[The Art of Balance Cheat Sheet.pdf](#)

[The Art of Balance Cheat Sheet.epub](#)

The Battle for Balance is a life and death struggle. Stay balanced, and we enjoy life to the fullest. Lose balance, and life gets hard. In *The Art of Balance: Staying Sane in an Insane World*, life coach and psychotherapist David J. Bookbinder shows you how to stay on top of the forces that unbalance us, recover quickly if you get knocked down, and be prepared whenever life's unbalancers throw you a curve ball.

The Art of Balance doesn't just "give a man a fish," so he can eat that day. It teaches you how to fish. Time-tested self-help tools and techniques are integrated into a system that helps you create your own tools, develop your own techniques, refine your own strategies--and thereby become the master of your destiny. This Cheat Sheet is a quick overview of the six-step system for restoring and maintaining life balance described in *The Art of Balance: Staying Sane in an Insane World*.