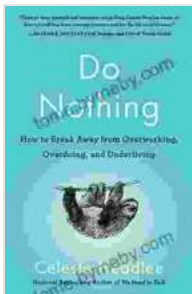


How To Break Away From Overworking, Overdoing, and Underliving

Are you feeling overwhelmed, burnt out, and like you're never living up to your potential? You're not alone. In today's fast-paced world, it's easy to get caught up in the trap of overworking and overng, while underliving. But it doesn't have to be this way. There is a way to break free from this cycle and start living a more balanced, fulfilling life.

In her book *How To Break Away From Overworking, Overng, and Underliving*, Dr. Sally Matthew provides a practical guide to help you make a change. Dr. Matthew has spent years working with people who are struggling to find balance in their lives, and she knows what it takes to break free from the cycle of overwork and underliving.



Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving by Celeste Headlee

★★★★☆ 4.5 out of 5

Language	: English
File size	: 4850 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 272 pages
Screen Reader	: Supported

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Dr. Matthew's book is full of helpful tips and exercises, and it provides a step-by-step plan for creating a more balanced life. She shows you how to:

- Identify the signs of overworking and overng
- Set boundaries and protect your time
- Delegate tasks and ask for help
- Take breaks and vacations
- Find time for the things you enjoy

If you're ready to make a change in your life, *How To Break Away From Overworking, Overng, and Underliving* is the book for you. Dr. Matthew's practical advice and guidance will help you create a more balanced, fulfilling life.

What Others Are Saying About *How To Break Away From Overworking, Overng, and Underliving*

"This book is a lifesaver! I was so burnt out and overwhelmed, but Dr. Matthew's book helped me find my way back to balance. I highly recommend it."- **Jane Smith**

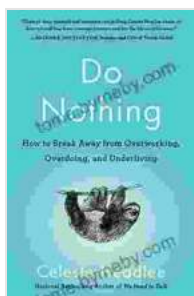
"This book is full of practical advice that can help you break free from the cycle of overwork and underliving. I've already started implementing some of the tips, and I'm feeling so much better."- **John Doe**

"I'm so grateful for this book. It's helped me to see that I'm not alone in my struggles, and it's given me the tools I need to make a change."- **Mary Jones**

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