



The Well Life: How to Use Structure, Sweetness, and Space to Create Balance, Happiness, and Peace

Briana Borten, Peter Borten

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Three simple principles for creating a balanced and satisfying life!

The secret to living an exceptional life--with fulfilling work and leisure, meaningful relationships, and time for oneself--is finding balance. Briana and Dr. Peter Borten have the strategies you need to achieve this all-important balance in your life--even in the face of chaos.

The Bortens focus on three fundamental principles of a satisfying life:

- Sweetness: Learn the importance of feeding your life, body, and soul/li>
- Structure: Find out how intelligent structure can give you more spontaneity and freedom, and liberate you from an excessively busy existence
- Space: Carve out purposeful space, which allows for perspective--an understanding of the big picture and your place in it

By adding and maintaining sweetness, structure, and space to your life, you will be able to let go of the stress and tension that gets in the way of being happy, authentic, and fully present--living *The Well Life*.

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represented how does the world has grown up. The terminology styles that writer value to explain it is easy to understand. The actual writer made some investigation when he makes this book. That is why this book suited all of you.

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