



The Power of Three: Managing Life in a Hectic World

Alisa Griffis PhD

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Discover your Life Balance Number

In today's world, busy adults are compelled to accomplish many feats all at once. Parents and professionals alike juggle tasks and feel pressured to do and achieve even more. This leads to "the crazies" we have all experienced exhaustion, panic, weight gain, stress, broken health, and/or lack of peace. If you feel like you've got too much on your plate, The Power of Three can be your escape hatch back to serenity and control

The Power of Three will help bring harmony and sanity into your life. This simple, straightforward book will enable you to reduce your overload immediately. Inside, you'll find an amazing and intuitive tool that will help you gauge whether you are overcrowding your life with too many tasks

With the Power of Three, you will begin to reclaim your life from the "time zappers" that keep you from being productive, and you will regain a sense of balance, power, and purpose in your life.

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