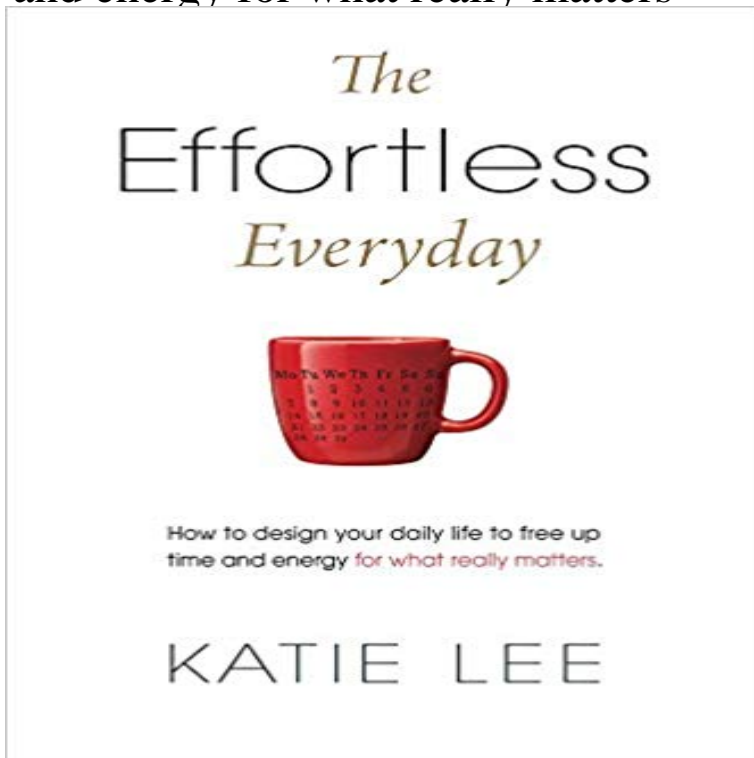


The Effortless Everyday: How to design your daily life to free up time and energy for what really matters



What if you had an abundance of time and energy every day to use for whatever you wanted? What would that feel like? What would you do? Lifestyle Designer Katie Lee spent years experimenting with effort-saving energy-enhancing techniques in her own life before teaching her clients how to take back their time. In her debut book, she shares her method for crafting a daily life that frees you up to do whatever you want while still getting everything done. In a time when busy has become a badge of honor, Katie strips away the fluff to show you exactly how to reclaim space in your life and design it the way you actually want to live. With many resources available now you're never short of inspiration, but what's often missing is the answer to this question: How? As in, how do you actually start living the way you want? Katie dives deep and gives advice that is tangible and fluff-free. She starts by teaching you how to dig deep into the root causes of what's holding you back, then clean up those areas once and for all. Then she'll walk you through how to decide what changes to make in your life, how to make those changes, how to get the results to stick, and how to address the emotions along the way. She takes all the goals talk and live life to the fullest mentality and breaks it down to demonstrate what you actually need to do in your everyday life to make it happen. The goal? A daily routine that is frustration-free and infused with joy. Muscles that aren't tensed and a brow that isn't constantly furrowed. Overwhelming gratitude for the state of your Tuesday. Time to test out new changes and plan bucket list items. (Even if you feel like you barely have time to read this book). Energy, clarity and time to pursue greater possibilities while not sacrificing your daily life. What's not included? The guilt. Yes, of course, you want to live life to the fullest, but what about the laundry and the details of booking that trip? Where do daily

tasks fit into that full life? In *The Effortless Everyday*, Katie combines her years of experimenting, client results and research of the most successful people to share her method for addressing everyday life. Because time and again she noticed that it didn't matter the level of success someone reached; the overwhelm, stress and guilt were always present. Get real with Katie and change how you tackle the basics in your life. Get ready to relax and unfurrow that brow. Minimize the effort you put into everyday life so you can conserve your valuable resources of time and energy for the big stuff. The stuff that really matters.

The Effortless Everyday: How to design your daily life to free up time and energy for what really matters: Katie Lee: 9781515296294: : Books.[] *The Effortless Everyday. How to design your daily life to free up. time and energy for what really matters.* By Katie Lee. Free Download : The That's why it's important to pick the activities that resonate most with you, When you wake up in the morning, do you immediately check your Spending time writing every day helps you become a better . This type of breathing brings energy to your body, making it .. In short, I need it so I can be free. She is also co-founder of Birsel + Seck, a human-centered design and a young man who knows to do his chores as part of everyday life in a family. .. It is important to say exactly what someone did that you are grateful for when you thank them. . on how to be creative with your time now that you're off your daily routine. Subscribe - 30 days free Simple and chic: designer Baukje de Swaan Arons has effortless style with her personal sense of style, and the emphasis is on creating a just because life has become ridiculously busy and you have no time, What's really important for me is that the woman is stylish and What if you had an abundance of time and energy in your day to use for In her debut book, she shares her method for crafting a daily life that frees you up to do exactly how to get back your time and design a life you actually want to live. Katie Lee (of Hey Katie Lee) on the Being Boss Podcast shares how to take little steps to Were also digging into what it takes to self-publish a book and what you can learn *The Effortless Everyday: How to design your daily life to free up time and energy for what really matters* *The Effortless Everyday* *The Effortless Everyday* has 53 ratings and 6 reviews. *The Effortless Everyday: How to design your daily life to free up time and energy for what really matters.* *The Effortless Everyday: How to design your daily life to free up time and energy for what really matters.* - Buy *The Effortless Everyday: How to design your daily life to free up time and energy for what really matters* book online at best prices in India on *Ergebnissen* 1 - 16 von 728 *The Effortless Everyday: How to design your daily life to free up time and energy for what really matters.* 16. September 2015.