



Stop Screaming At The Microwave: HOW TO CONNECT YOUR DISCONNECTED Life

Mary LoVerde

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AN OVERFLOWING IN-BOX...AN OVERFLOWING SINK FULL OF DIRTY BREAKFAST DISHES...IS THIS WHAT THE EXPERTS MEAN BY "HAVING IT ALL"?

You've organized, prioritized, delegated, and simplified, and you still don't have enough time for your family, your spouse, your friends, your boss -- much less yourself! You're a veteran of the time-management wars, fighting for the life balance ideal -- and you're losing. So, short of quitting your job and running away from home, what do you do when you can't keep up? The answer, says Mary LoVerde, is to reach out and *connect* -- with loved ones, with colleagues, with yourself! Instead of wondering how you're going to get it all done, you'll master the connection solution by

1. Asking **FOUR SIMPLE QUESTIONS**: A new way of figuring out what to do next
2. Using **MICROACTIONS**: Teeny, tiny steps to propel you toward your goals
3. Rethinking **RITUALS AND TRADITIONS**: Preserve what's important to you and your family, and get rid of the time-consuming things that everyone takes for granted
4. Instituting **POLICIES**: Easy short-cuts sure to bring tranquillity into your daily life
5. Making a **MEMORY JAR**: One of many creative ways to connect

If you're concerned about the quality of your home life, your work life, and your inner life, you're about to discover that connection works better than the fanciest daily planner you'll ever fall for. Toss out the to-do lists -- it's time to *Stop Screaming at the Microwave...and connect!*

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Christopher Decker:

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