



The Balancing Act: Mastering the Five Elements of Success in Life, Relationships, and Work

Sharon Seivert

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- Highly effective strategies that help people and businesses succeed using the five elements of water, air, earth, fire, and ether.
- The five elements represent emotion, mind, body, drive, and soul.
- Presents case studies from Seivert's organizational and executive clients in financial services, health care, government, academics, technology, retail, and marketing.
- The unique tools in *The Balancing Act* can be applied equally well to businesses, families, or personal relationships.

Have you ever had one of those days when everything went right? When the initiatives you started at work came together like clockwork, when a family outing seemed like fun and not labor, when you and that special someone felt your relationship taking off under its own power? Those times were not accidental. They happen when the key elements of any system--a business, a family, a relationship--come into balance, and then function in a state of synergy where the whole becomes much more than the sum of the parts. In *The Balancing Act*, consultant and personal coach Sharon Seivert shows how you can create this magical state of affairs in your life, love, and work on a daily basis.

Starting with an extensive questionnaire that lets you evaluate the health of your business, relationships, and self, Seivert teaches you how to recognize which of the five traditional elements that make up any system are in balance and which need more of your attention. Exercises and tips for nourishing each element demonstrate how you can take a proactive role in bringing your life successfully into a state of balanced harmony.

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