

# 20 Tips To Finding Balance In Life



# Finding A Balance

**Gigi Berardi**



## **Finding A Balance:**

**Finding Balance** Gigi Berardi, 2013-01-11 Finding Balance Fitness Health and Training for a Lifetime in Dance gives an overview of issues faced by all performing dancers injury and treatment technique and training fitness nutrition and diet and career management The text includes both easy to read overviews of each topic and profiles of well known dancers and how they have coped with these issues The new edition includes Updated and new profiles Expanded injury and injury treatment information Updated dance science and physiology findings and new references Updated diet guidelines Expanded and updated Taking Control section It concludes with a list of selected dance arts medicine clinics a bibliography glossary and text notes

**Beating Burnout, Finding Balance** Melo Calarco, 2023-02-23 INTERNATIONAL WINNER best WELLBEING and best WORK LIFE BALANCE book at the Goody Business Book Awards FINALIST in the award for HEALTH WELLBEING at the Australian Business Book Awards Manage overwhelm and find renewed passion in your life and work Never ending to do lists constant deadlines intense workloads and the guilty feeling you re not doing enough does this sound all too familiar If so it s time to take a step back and find a better balance for your work and life In this book you ll discover the simple practices that will help you create a healthy mindset boost your wellbeing and prevent overwhelm So say goodbye to fatigue with Beating Burnout Finding Balance you ll rediscover the energy you need to thrive Mindfulness and performance coach Melo Calarco shares the secrets to flourishing as a high achiever and an effective leader In this book he combines science practical knowledge and mindfulness techniques with the incredible life lessons he has learned as he cycled and trekked his way around the world You ll learn how you can apply the strategies that top performers from surgeons to CEOs to Olympic athletes use to conquer burnout and surpass their goals Use simple but highly effective strategies to improve your productivity and happiness Develop your self awareness so you can better balance your energy Build resilience and manage stress so you can perform in high stakes or unpredictable situations Find your focus and live with purpose passion and drive Through inspirational stories and proven techniques from mountaintop monasteries to executive boardrooms Beating Burnout Finding Balance gives you the tools to achieve your goals and live more meaningfully and mindfully

*Finding Balance: Self-Care Strategies for Parents of ODD Children* Ava Arin, Holly Arin, Parenting a child with Oppositional Defiant Disorder ODD can be incredibly challenging and emotionally draining Finding Balance offers a lifeline for parents seeking to prioritize their own well being while supporting their child Discover practical strategies to Manage stress and anxiety associated with parenting a child with ODD Develop effective self care routines to recharge and rejuvenate Build a strong support network of friends family and professionals Set boundaries and maintain a healthy work life balance Practice mindfulness and relaxation techniques to improve your overall well being With Finding Balance you ll learn how to nurture yourself while continuing to provide the support and care your child needs Key benefits of this book Realistic and actionable advice from experienced professionals and parents A wide range of self care strategies to suit your individual needs

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