



# Your Life in Rhythm

*Bruce B. Miller*

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## **Your Life in Rhythm** Bruce B. Miller

*Your Life in Rhythm* offers a realistic solution to our crazy, overly-busy, stressed lives. Miller exposes the myth of living a “balanced” life, and offers “rhythmic living” as a new paradigm for relieving guilt and stress, while accomplishing more of what matters most in life. Rhythmic living details six practical strategies for living a more fulfilling life.

Instead of managing time, Miller suggests that we flow with life, living in tune with the natural rhythms of nature. By applying the rhythm strategies, we can reduce stress, frustration, and guilt while increasing fulfillment and inner peace. The point is not to balance all of our responsibilities at one time, but to focus attention on what matters most at different times. Although this sounds easy enough, the six strategies he outlines are crucial to helping the reader to achieve this goal.

Miller helps us to understand the stages and seasons of life we all experience over a lifetime. This new understanding, when applied, will solve time-management problems and help readers to let go of misplaced priorities and relieve their overbooked lifestyle. The rhythm solution, in short, brings freedom.

### **In a nutshell:**

- Helps readers think through their overbooked lifestyle.
- Presents a new way of thinking about life management.
- Helps readers to let go of misplaced priorities.
- Helps readers understand the seasons of life and adjust their expectations.
- Presents rhythm “solution process” for common time management issues.

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#### **Joyce Murphy:**

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#### **Russell Stringer:**

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#### **Jack Lacasse:**

With this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you should do is just spending your time not very much but quite enough to experience a look at some books. Among the books in the top collection in your reading list is actually Your Life in Rhythm. This book which is qualified as The Hungry Mountains can get you closer in becoming precious person. By looking upward and review this guide you can get many advantages.

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