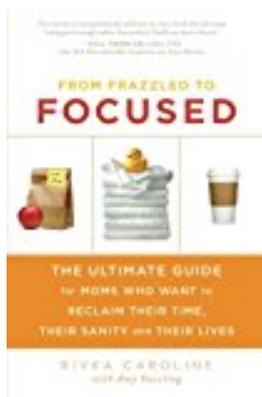


[PDF] From Frazzled To Focused: The Ultimate Guide For Moms Who Want To Reclaim Their Time, Their Sanity And Their Lives

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Description:

About the Author Rivka Caroline is a mom, rabbi's wife, and professional time management consultant in the Miami, Florida, area. She holds a bachelor's degree in psychology and will be completing her master's in psychology in 2013. She teaches individuals, small businesses, and teams within corporations how to leverage their time to work effectively and find time for the things that count. Perhaps more important, Rivka has seven children and is still quite relaxed and sane and able to find time for what matters. People often ask her how she "does it all." This book is her detailed response. (Spoiler alert: She doesn't actually do it all!) Amy Sweeting is a freelance editor and writer based in Amherst, Massachusetts. She has authored, ghostwritten, and edited several books and publications for a diverse range of clients and organizations. Amy has only two children (though sometimes they seem like seven), but still has a fair amount of chaos in her life. After fifteen years of resisting her husband's suggestion to plan out the family's meals for the week, she finally gave it a try (at Rivka's prodding) and is amazed at how it has made evenings so much more relaxed. Her husband is very sweetly resisting the urge to say "I told you so."

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