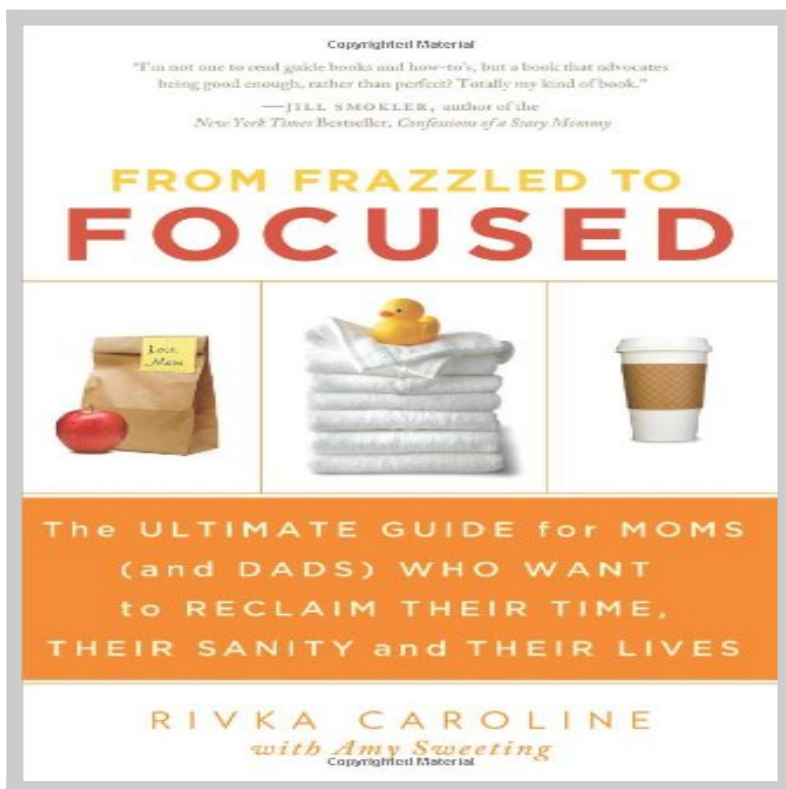


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From Frazzled Focused Ultimate Reclaim Book Preview

It takes more effort to be disorganized than to be organized

Written by a mother of seven with the overwhelmed, stretched-too-thin, sleep-deprived mom in mind, From Frazzled to Focused walks busy readers through the easy-to-follow steps that will help them arrange their lives so they have more time to do what they love each day.

The four components of Caroline's unique time-management method will help any overextended mother create systems from the chaos of a hectic household:

***1 1 1 Select** (help moms determine what that should focus their limited time and attention on)

***1 1 1 Simplify** (how to streamline mental and physical space)

***1 1 1 Systemize** (create simple systems for everyday life to keep things running smoothly)

***1 1 1 Sustain** (maintain those systems and tweak when necessary). **1**

Having these systems in place is the key to a more organized, relaxed life. Readers will learn how to free up space, reduce anxiety, and spend more time on the things that really matter.