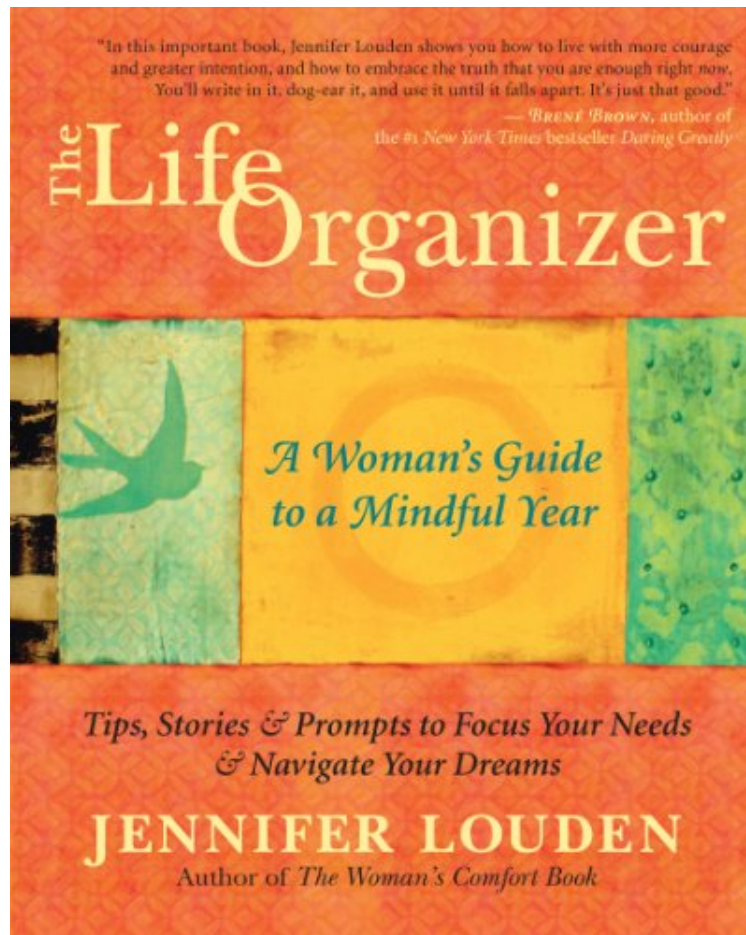


[Free download] The Life Organizer: A Woman's Guide to a Mindful Year

The Life Organizer: A Woman's Guide to a Mindful Year

Jennifer Louden

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Jennifer Louden : The Life Organizer: A Woman's Guide to a Mindful Year before purchasing it in order to gage whether or not it would be worth my time, and all praised The Life Organizer: A Woman's Guide to a Mindful Year:

16 of 16 people found the following review helpful. Takes some effort to get started!By She Reads and DreamsI like this book, and I've got a lot out of it. Essentially the Life Planner process is based on 5 steps: Connect, Feel, Inquire, Allow, Apply and 6 concepts: Intention, Desire, Shadow Comforts and Time Monsters, Life Insights, Minimum requirements for self care and Story. The first 80 pages of the book are focused on these steps and concepts, which means this isn't a book designed for you to jump into answering questions and exploring each week right away. You can, of course - the author even encourage you to do so if you want - but you're missing a lot of the context of the Life Planner if you do. That's probably the reason for some of the poor reviews: people just want to jump right in, and this book has a lot of set up. I think it's worth taking the time, though, because it's really helpful information to set the scene for the weekly prompts and it's what separates this book from a lot of "self-help" books for women.2 of 2 people found the following review helpful. Item # 1 in my 2016 toolboxBy Innocent Bystanderok! you can start your "year" any time...When you come to a big change of season...and your available time has opened up...or your available time

for you has been squeezed to a nub!... this is a walk with you... prompts with questions, activities, fun discovery. Unstuck stuff! www.waygoodresource.com. Balance... 9 of 9 people found the following review helpful. Buy the hard copy! By R. Oliver I am still in the process of wrapping my arms around this piece of work. I love the read but the book constantly references other parts of the book. I order a kindle copy - but now I think I need to go back and order the hard copy. I will review again once I get a better feel. But trust me for now.... buy the paperback!

We all yearn to have time for personal needs and creative dreams; after all, this is our life to make the most of. And we all know how hard it is to remember what really matters. With distractions from jobs, aging parents, and children; not to mention women's perennial fear of being labeled "selfish"; following our own desires and dreams can become ever more elusive. The Life Organizer aims to help you shift your focus, augmenting traditional goal setting with the ease that comes from steady inner listening and mindfulness. It will become your trusted companion; and maybe the most important book you'll ever own.

"In this important book, Jennifer Loudon shows you how to live with more courage and greater intention, and how to embrace the truth that you are enough right now. You'll write in it, dog-ear it, and use it until it falls apart. It's just that good." — Brené Brown, PhD, author of the New York Times #1 bestseller *Daring Greatly* "Jennifer Loudon 'gets' what it takes to live our beautifully messy human lives centered in our hearts and watered by the wellspring of Soul desires. Here is a book that helps us remember and love the questions that matter." — Oriah Mountain Dreamer, author of *The Invitation* "Jennifer Loudon's daily prompts and strategies bring our attention back, again and again, to what really matters to us and help us to infuse our daily lives with the wisdom of our own hearts. This is a clear-eyed and warmhearted guidebook." — Sharon Salzberg, author of *Real Happiness and Lovingkindness* "If time-management checklists and calendar boxes don't work for you, have hope. Jen Loudon offers a colorful, intuitive way to shape your life's days with reverence and soul. With *The Life Organizer* at your side, you can make your days holy, feeling by feeling, question by question, intention by intention. (And it works for men, too)." — Jeffrey Davis, author of *The Journey from the Center to the Page* "As a busy creative entrepreneur and mom, I find it tempting to be run by my to-do list. If I'm not careful, I wind up feeling stressed — and I don't get to fully enjoy the process of all that I'm doing. Seeing *The Life Organizer* on my desk gently reminds me there is another way, a way to live with joy and productivity. I love this book!" — Karen Salmansohn, bestselling author of *Prince Harming Syndrome*