



What Matters Now: Lessons on Living with Ease (Paperback)

By Gail Jacob Barker

Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Busy. Hurried. Harried. Pulled in a million directions. No matter who you are, you can probably relate to these words and phrases in some capacity. The pace of our modern world is so frantic and frenzied that for many people, being overwhelmed is simply par for the course. In What Matters Now, Gail Jacob Barker shatters myths about the nature of life and invites readers to find a new, less stressful way to live. No matter the challenge, no matter the dilemma, no matter the era, Barker suggests that there is a simple paradigm that takes away a sense of burden and replaces it with a sense of ease. Using her own life experiences as a guide, she provides concrete, easy-to-implement strategies and ideas for filtering through the complexities and challenges of life-no matter what you re facing.



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