

Life Is a Balancing Act... A Fun Book

Debbie Lessin, Balancing Act Productions, Chicago, IL \$14.95 US, hardcover, (98p)

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Most of us experience hectic times in our lives; the culprits are often special projects at work, shuttling children around to their many after-school activities, or simply the countless chores of daily life. If we're not careful, a busy time in our lives can expand to become a way of life. Once this happens it is often difficult to find a way out.

When Debbie Lessin turned 40 she was a successful CPA who owned her own business and lived a comfortable, upscale, urban lifestyle. Despite her comfort and success, however, she was not happy. Work consumed her waking hours, leaving precious little time for relaxation and enjoyment. Once she realized this, Lessin began taking small but firm steps to bring a healthy balance back to her life.

In Life is a Balancing Act... A Fun Book Debbie Lessin offers help to people who have forgotten the importance of taking time for themselves. The book is divided into four parts: "Work and Play," "Friends & Family," "Heart & Soul," and "Mind & Body." Within the parts, each page is devoted to a single strategy for balancing your life and contains ideas for helping you use that strategy.

Some strategies are aimed at fundamentally reshaping your behavior. One such strategy is "Just Say No!" Ideas on that page include "Remind yourself often that you don't have to be super-woman or super-mom" and "Trust your intuition and say 'no' when 'yes' stems from an innate sense of guilt or obligation." Learning to refuse extra work enables you to recapture time for yourself.

Other strategies are simply fun, such as "Read a Good Book," "Escape to a Hotel," or "Reconnect with an Old Friend." Opposite each page of strategies is a contemporary illustration by Janet Jaffke that greatly contributes to the book's fun, energizing tone.

Many of Lessin's suggestions will sound familiar because they are things we have been told before. But for those whose days are consumed with work, "Life Is a Balancing Act" will provide a welcome reminder, and perhaps the permission they need, to begin enjoying life again.

BookWire Review

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