



Thrive in Overdrive: How to Navigate Your Overloaded Lifestyle (Paperback)

By Patrick K Porter Ph D

Booksurge Publishing, United States, 2009. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.In today's high-tech, fast-paced world, no one is immune to stress. Why? Because our lives are too overloaded. Thrive in Overdrive shows you how torrid yourself of the happiness-robbing condition called stress and enjoy a balanced life, but without giving up your overdrive lifestyle that makes sure you stay ahead of the game. The book, written by recognized how-to self-help expert, Dr. Patrick Porter, is based on methods that have been time-tested by over a million clients worldwide. He uses true stories, anecdotes, and deceptively simple creative visualization exercises to demonstrate that, yes, you can have it all.



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**