

(Mobile pdf) Time for Me: A Burst of Energy for Busy Women

## Time for Me: A Burst of Energy for Busy Women

*Helene Lerner*

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**Helene Lerner : Time for Me: A Burst of Energy for Busy Women** before purchasing it in order to gage whether or not it would be worth my time, and all praised Time for Me: A Burst of Energy for Busy Women:

0 of 0 people found the following review helpful. Great read for any busy womenBy Ellen J GriffithThis book is a very quick read and gives the busy women whether a business professional or a stay at home mom a journey to a spa and personal renewal. In reading about Ms. Owls adventure I also felt like I took a trip to a spa. I found this easy to read and very enjoyable. Another amazing feature of the book are the very practical guides to assist you in putting together your plan. These are very practical and really walk you through a series of great questions which will help you find balance and renewal for your busy life.0 of 0 people found the following review helpful. Excellent Book for Busy Women to help put some Balance back in your Busy Life!By Lain-LainIf you're feeling frustrated with your busy life; or wondering what happened to the person you used to be... Then you'll enjoy this quick read and insightful book. You can easily read it within a day or two. It's helped bring balance back into my life even among the many

different "roles" I have in my busy, busy life. It's one you'll want to purchase for your library and read again and again.

Women are notorious for taking care of everyone else first, exhausting themselves and losing their spark in the process. The story of this dilemma, and how one Ms. Owl found her way to renewal and vitality, will inspire working women to put themselves first from time to time and give them a shot of much-needed energy. Ms. Owl is a working mom with a good job, a husband and son she loves and a comfortable nest. But she's so exhausted she can barely enjoy her life. One day she receives an anonymous gift certificate for a weekend at a spa. What she discovers there changes everything—not only does she come back rested and revitalized, but she learns to make time for herself. In the spirit of bestselling parables *Who Moved My Cheese* and *Fish!*, *Time for Me* is a powerful self-help tool, tackling the biggest problem that working women face today. Call it the time bind, the sandwich generation, or just plain old self-sacrifice, every woman can use this refreshing tale. Includes a four-step process for women to follow to renew their energy whenever they need to.

About the Author Helene Lerner is the founder of Creative Expansions, creating television programming that empowers women and girls. She has been nominated for and won multiple Emmys. She lives and works in Manhattan. Excerpt. copy; Reprinted by permission. All rights reserved. Chapter One It was a dark winter's night. The snow was falling softly on the ground. Ms. Owl was perched on the top branch of the tree—working late as usual. All the other branches were empty because her co-workers had gone home. Once again, she was the only one left. Her face appeared majestic in the moonlight. She had a few more gray feathers than when she started at the company seasons ago, but her warm, friendly demeanor hadn't changed. She was proud to work for Owl USA, one of the oldest information providers, as an assistant to Boss Owl. Her willingness to help without complaining made her well liked by the male officers at the corporate roost. But looking more closely: she seemed tired—no, not tired—a bit sad. Something was wrong. A significant birthday was coming up in two days, and life felt bittersweet. She didn't feel like celebrating, even though she had a lot to be grateful for. Back at her nest, she was raising Oohie, whom she adored. Unfortunately, her mate, Mr. Owl, wasn't home much, working the night shift at the airlines. So the brunt of the nest work fell on her. She tried to manage it all, but at what price? Her eyes had lost their sparkle. As a female bird, she was notorious for putting herself last on the list—rarely taking time out for self-care. Although she did get her nails clipped every few weeks, it just wasn't enough. When was the last time she shared a meal with a friend to talk about frivolous things—like exotic migration spots, the latest store sales, or new reads for a rainy day? She was about to call it a night—pack up and fly home—when she looked under her briefcase and saw an envelope. Just one more piece of mail to handle, she thought....

from Chapter Four

Chapter Four Ms. Owl woke to the sweet sounds of the birds and a magnificent view—the sun rising and the sky painted shades of pink and gold. She had a bite to eat and went straight to the Quick Coach seminar. The gilded perch was already packed with other birds—all were eager for the session to begin. Ms. Owl didn't know anyone and felt awkward. She was beginning to have second thoughts about whether this was right for her. All of a sudden, a brown and gray-feathered eagle swooped down to the perch. She fanned her tail feathers and strutted to the front of the crowd with confidence. She looked directly at the birds. "Many of you have come here to recharge yourself and get your sparkle back. You'll do that by taking a good look at situations that get you off track. I'll give you strategies to handle these challenges. But the real trick is keeping your sparkle when you get back home. I encourage you to make friends here because they will be a great resource for you when you return." Ms. Owl felt the stirrings of hope. She had been running on empty for weeks. It pained her that she no longer felt enthusiastic about work or even about being with Oohie. That's exactly it: my life has no sparkle, she thought. The eagle set some ground rules. "If you have something to say, say it. And be as truthful as possible. Your contribution is important." It wasn't at all like Ms. Owl to start first, but her anxiety compelled her to. She blurted out, nervously, "You've put your finger on it exactly! I want to feel excited about my life again. Much of the time, I feel exhausted." The eagle responded, "You are aware of the problem; that is key!" And she wrote on the board: Knowing that there is an imbalance in your life is the first step towards changing it