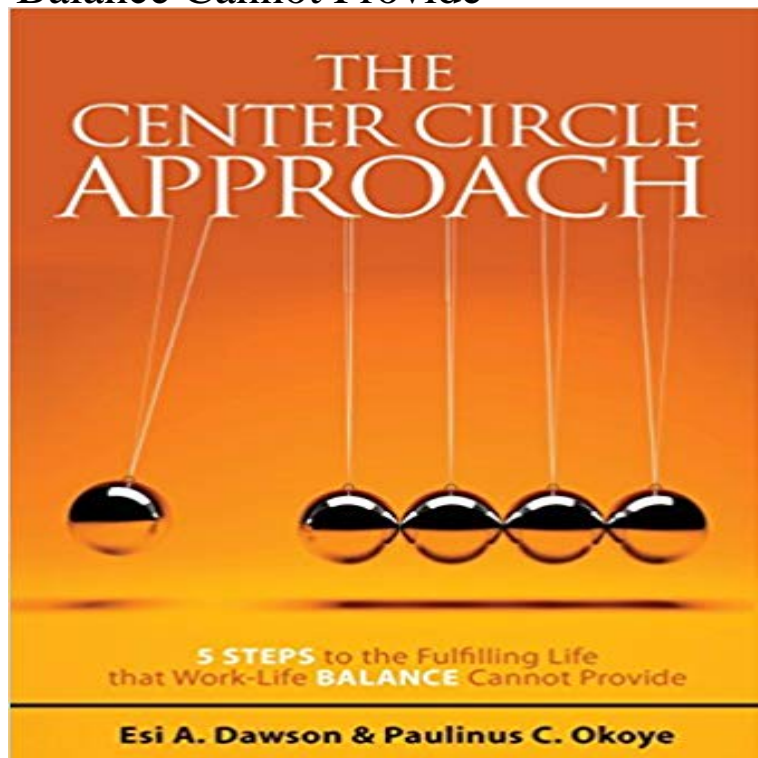


## The Center Circle Approach: 5 Steps to the Fulfilling Life that Work-Life Balance Cannot Provide



Why pursue balance, trying to please everyone, giving a little to everything, and suffer the constant stress of trying to do it all? Think about it, when a newly married man says he needs more work-life balance, what he is truly saying is he needs to spend more time at home...even if it means less time at work. A woman who is seeking a promotion at work tends to find more fulfillment when she spends more time at work, even if it means less time at home for that time period. As Alain de Botton, a Swiss-British writer and television presenter so eloquently put it - There is no such thing as work-life balance. Everything worth fighting for unbalances your life. This is what The Center Circle Approach is about. It provides a refreshingly simple, yet profound new take on the subject of living a fulfilled life. It equips you to ditch the concept of a balanced life for that of a centered life, one that may seem unbalanced but is centered on your key priorities.

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