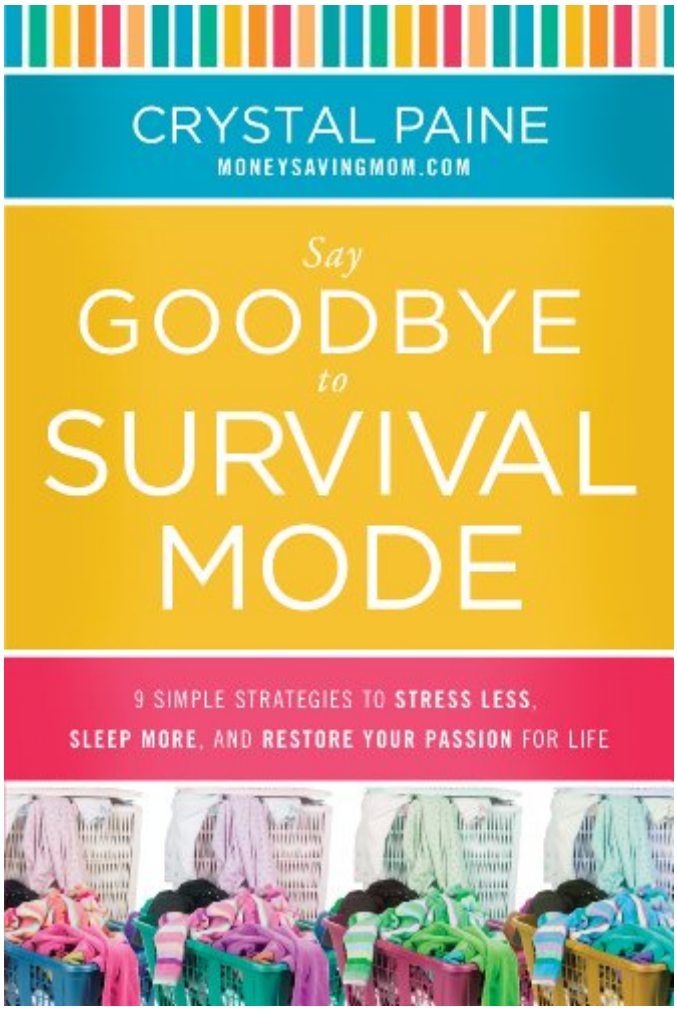
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Say Goodbye To Survival Mode: 9 Simple Strategies To Stress Less, Sleep More, And Restore Your Passion For Life



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Synopsis

Calling the super busy, the stressed out, the overtired. You know you’re made for a more fulfilling life. With this book, youÃ¢â ¬â„¢ll know where to start. You wake up tired. Your to-do list is too long. The commitmentsÃ¢â ¬â •and the laundryÃ¢â ¬â •are piling up, but your energy keeps dwindling. You feel like you’re simply making it through the days, not living or enjoying any part of them. In Say Goodbye to Survival Mode, you’ll find both practical ideas and big-picture perspective that will inspire you to live life on purpose. As a wife, mother of three, and founder of the wildly successful blog MoneySavingMom.com, Crystal Paine has walked the road from barely surviving to living with intention. With the warmth and candor of a dear friend, she shares what she’s learned along the way, helping you: feel healthier and more energetic by setting priorities and boundaries eliminate stress with savvy management of your time, money, and home get more done by setting realistic goals and embracing discipline rediscover your passionsÃ¢â ¬â •and the confidence to pursue them Packed with straightforward solutions you’ll use today and inspirational stories you’ll remember for years, Say Goodbye to Survival Mode is a must for any woman who’s ever longed for the freedom to enjoy life, not just survive it.

Book Information

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Customer Reviews

I am a regular follower of Crystal’s blog "moneysavingmom.com". I loaded this on my Kindle for reading on vacation. I didn’t get it finished during vacation but it had such an impact on me, I made it a priority in my leisure time to finish it. I actually did some of the exercises on goals and it was so helpful in getting my head straight on the path I am walking in my life. Intentional living is really all about having a plan as a framework and then when life gets messy, giving yourself the grace to be okay with what plan B may lead you.This book was so easy to read. I felt like I was having coffee with a girl friend just pouring her heart out to me, so transparent relating her struggles and successes to me. I can relate to so much of her personality . There aren’t any earth shattering new ways to get more done in less time in this book. What Crystal does share is that the best ways to get something done is just to start where you are and keep it simple. I just finished a busy season in my life and even though I needed to move on with other projects, I was floundering with getting started. Crystal gave the loving guidance I needed on how to pick up and get on with myself.I highly recommend this book for anyone who is overwhelmed, tired or in a rut. Even though the primary audience is Moms, I think anyone that needs to get their life, health, marriage, family, house or finances back on track will find value in her simple steps.

This is a book to keep and review periodically! Very excellent guidance for how to simplify your life. Very encouraging and motivating! I have read it once and plan on reading it again (probably every year) to encourage myself to implement Crystal’s wonderful advice! Every busy mom should read this!

This book gave me a clear guide to how to move forward when I am stuck spinning my wheels and simply trying to keep my head above water. Great life examples and ideas for motivation and goals.

Best book I’ve read this year, couldn’t put it down! Paine outlines simple principles that can have major impact in your life.

This book was great because it had many practical tips, guides and ideas. It didn’t promise a great new you but it did show you how to improve your life. It was easy to read and enjoyable.It had a

Christian viewpoint which many books lack. It is also is inspiring and motivating- to do more, be more forgiving, be more appreciative, & it is like a support group in a book. Highly recommend this book!

After wanting to for a long time I finally bought this book. It is absolutely wonderful to read from someone who has both failed & succeeded. Someone that is honest about both her strengths and weaknesses- and offers practical ways to help me find mine. There is a healthy balance of grace & hope mixed in with real life "kick in the rear". This isn't a one size fits all book. It's a book that says "this is the basics, this is how it has worked for me, here are examples of it working for others." I wish that I had a dozen copies to give.

Just the title of this book already had me.From figuring out your priorities, setting goals, creating a schedule and getting some much deserved me-time.Crystal Paine gives you the tools in this book to have a life that is not just about surviving each day, but living a life filled with purpose.This book will give you the tools to live a happy life, filled with everything you want and choose.

Such an authentic author who understands the very real struggles of families & gives fantastically practical tools to bring routines of order to the daily/weekly chaos! I'm so excited to see wonderful improvements in my family after only the first week of implementing just a couple of the tools. Looking forward to moving out of survival mode & into THRIVE life!!

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