

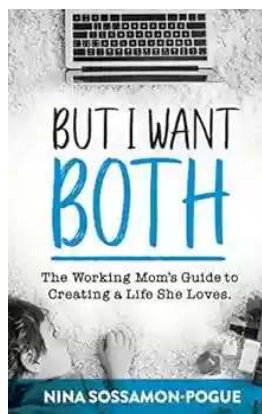
But Want Both: Finding Balance in Life

Living in a fast-paced world, we often find ourselves torn between different aspects of our lives. Whether it's work versus personal life, health versus indulgence or ambition versus relaxation, it seems impossible to strike a perfect balance. We are constantly faced with dilemmas where we want it all – but can we really have it both ways?

The Pursuit of Career and Personal Life

In the modern workforce, climbing the corporate ladder is often considered a top priority. However, the pursuit of success can lead to long work hours, neglecting personal relationships, and sacrificing personal time. Many individuals find themselves facing the eternal conflict of giving their all to their career while also wanting to nurture personal connections.

But what if we can have both? Balancing our professional and personal lives is not an either/or equation. It's about finding strategies that allow us to excel in our careers while also maintaining fulfilling personal relationships. Prioritizing time management, setting boundaries, and creating healthy work-life integration can help in striking the right balance.



But I Want Both: The Working Mom's Guide to Creating a Life She Loves

by Nina Sossamon-Pogue (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 2219 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 133 pages
Lending : Enabled



Health and Indulgence: Finding a Middle Ground

In the pursuit of a healthy lifestyle, we often feel guilty when indulging in our favorite treats or activities. We push ourselves to eat only nourishing foods, exercise religiously, and adhere to strict routines. However, this constant focus on health can lead to a lack of enjoyment and restrict our ability to savor life's pleasures.

But is it possible to have a healthy lifestyle and still indulge occasionally? The answer lies in moderation and intuitive eating. By listening to our bodies and giving them what they need, we can strike a balance between nourishing ourselves with wholesome foods and allowing ourselves to indulge in occasional treats. It's about finding the perfect mix of health-conscious choices and guilty pleasures.

Ambition and Relaxation: Nurturing Both Sides

Many individuals are driven by ambition, constantly pushing themselves to achieve more and strive for success. However, this ambition often comes at the cost of relaxation and downtime, leaving us feeling burnt out and unfulfilled. It's essential to understand that ambition can coexist with relaxation, and both are crucial for a well-rounded life.

By setting realistic goals, managing stress effectively, and incorporating relaxation techniques into our routines, we can nurture both our ambitious side and our need for relaxation. Taking breaks, engaging in hobbies, and practicing self-care

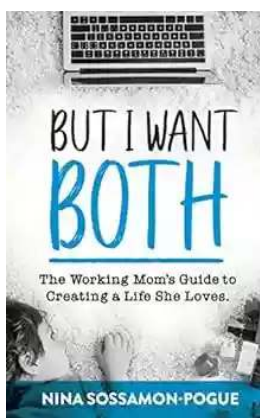
can help in maintaining a healthy balance between pushing ourselves towards success and giving ourselves the rest we deserve.

The Secret Is in Finding Your Balance

Ultimately, the key to truly having it all is finding your individual balance. Recognize that balance doesn't equate to equal amounts of every aspect of life. It's about prioritizing what truly matters to you and allocating your time and energy accordingly. It may require trial and error, but the journey towards finding balance is an essential part of personal growth.

Remember that life is a beautiful mosaic of experiences. Embrace the fact that you can want it all, but also understand that you may not be able to have it all at the same time. Prioritize, set boundaries, listen to your body, and be kind to yourself along the way.

So, don't settle for an either/or mindset. You can have a successful career and a fulfilling personal life. You can have a healthy lifestyle and still enjoy indulgent treats. You can be ambitious and find relaxation. It's all about finding your balance and embracing the joys that come with living life to the fullest.



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Imagine excelling in your career and feeling like a great parent!

When your career takes off at the same time you start your family, everyone needs more from you at once. You know you could be great at both work and family life, but you feel like you are failing at both. What's the secret? You don't want to give up what you've worked so hard for, but you worry you are missing out or messing up your kids. At this point in life, it seems everyone is counting on you, and if you even think about the things you want to do, you feel selfish.

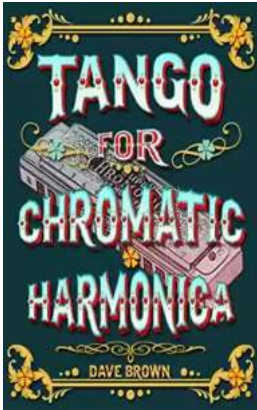
Think again! It's possible to keep being a key player at work, stay on the fast track to success, and be involved at home, being the parent you want to be. In *But I Want Both*, bestselling author Nina Sossamon-Pogue draws from her experience as a parent and a professional to show you how you can have a successful, high-stakes career and wonderful life with your family. Learn how to:

- Stop worrying that you are failing as a parent
- Feel confident in your skills and value at work
- Be ready for anything life throws at you a
- Stop looking at the clock like it's your enemy

Feel great about the choices you make

If you're spending time at work feeling like you should be at home and using up your time at home feeling like you should be working, then *But I want Both* can

help. Don't let your life zoom by feeling like you are missing out in both places!



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