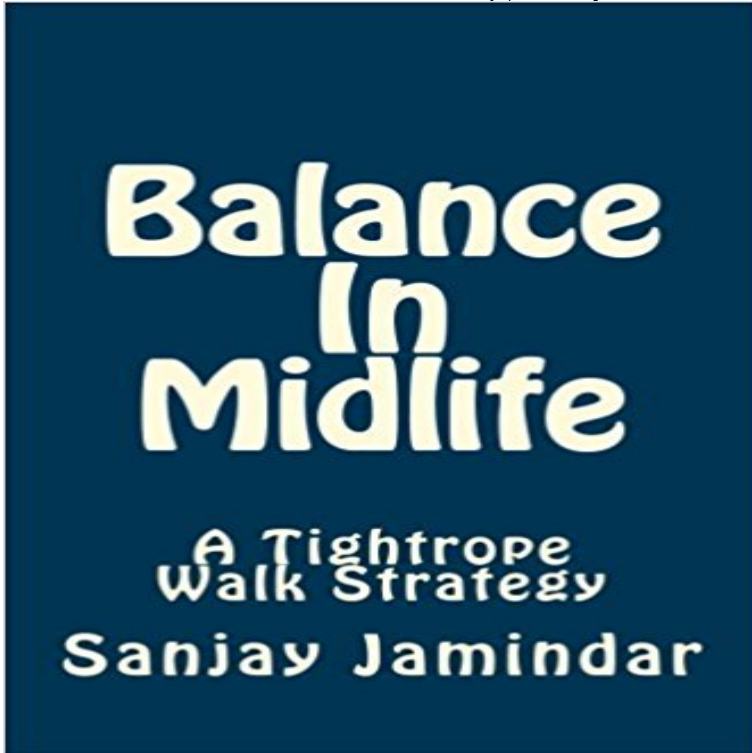


# Balance In Midlife: A Tightrope Walk Strategy



This small book “Balance In Midlife” A Tightrope Walk Strategy™ is a self-improvement book aimed to convey the message about why balance and harmony in our busy midlife are important and how to find it. As we approach midlife, we need to be more conscious about the word called “balance”™ and its importance in our life. In midlife, we need to look at life from a different perspective than we used to when we are young. The key to achieving a well-balanced midlife is to understand few timeless principles and practice some ageless strategies that are highlighted in this book. As we enter into our midlife, we need to understand what these principles are and take small steps to incorporate these things into our lives. It is the small changes we make in midlife that leads to a more balanced life with more productivity and good health and thereby successful aging. When we have balance in our lives, we have enough energy, focus and clarity to live the life we desire.

Maintaining balance in your busy midlife is not an easy task, but it is not too difficult either. If your current life is horribly unbalanced, then there is always a way out to save yourself.

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