



## The Well Life: How to Use Structure, Sweetness, and Space to Create Balance, Happiness, and Peace (Paperback)

By Briana Borten

Adams Media Corporation, United States, 2016. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Three simple principles for creating a balanced and satisfying life! The secret to living an exceptional life--with fulfilling work and leisure, meaningful relationships, and time for oneself--is finding balance. Briana and Dr. Peter Borten have the strategies you need to achieve this all-important balance in your life--even in the face of chaos. The Bortens focus on three fundamental principles of a satisfying life: Sweetness: Learn the importance of feeding your life, body, and soul Structure: Find out how intelligent structure can give you more spontaneity and freedom, and liberate you from an excessively busy existence Space: Carve out purposeful space, which allows for perspective--an understanding of the big picture and your place in it By adding and maintaining sweetness, structure, and space to your life, you will be able to let go of the stress and tension that gets in the way of being happy, authentic, and fully present--living The Well Life. Briana and Peter are passionate creatives dedicated to helping others achieve clarity, productivity, and a life filled...



[READ ONLINE](#)  
[ 5.34 MB ]

### Reviews

*Simply no words to spell out. It can be rally fascinating throug studying period of time. You will not really feel monotony at at any moment of your own time (that's what catalogs are for concerning if you ask me).*

-- **Dr. Isabella Turner**

*Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at at any time of your own time (that's what catalogs are for concerning should you ask me).*

-- **Marion Mann DDS**