

Faking Balance: A Candid Guide to Thriving in the Age of Overwhelm

By Sarah Cooper

In today's fast-paced world, it can feel like we're constantly being pulled in a million different directions. We're expected to be successful at work, have a thriving social life, and be perfect parents all at the same time. It's no wonder that so many of us feel overwhelmed and like we're constantly faking balance.



Faking Balance: Adventures in Work and Life by Lela Davidson

★★★★☆ 4.9 out of 5



But what if I told you that it's okay to not have it all figured out? What if I told you that it's actually impossible to achieve perfect balance?

In her new book, *Faking Balance*, author Sarah Cooper shares her personal experiences and insights on how to navigate the challenges of modern life and find success and fulfillment in both your career and personal life. Drawing on her own experiences as a successful businesswoman and mother, Cooper offers practical advice and strategies

for overcoming the obstacles that stand in our way, including the fear of failure, the pressure to be perfect, and the constant need to be connected.

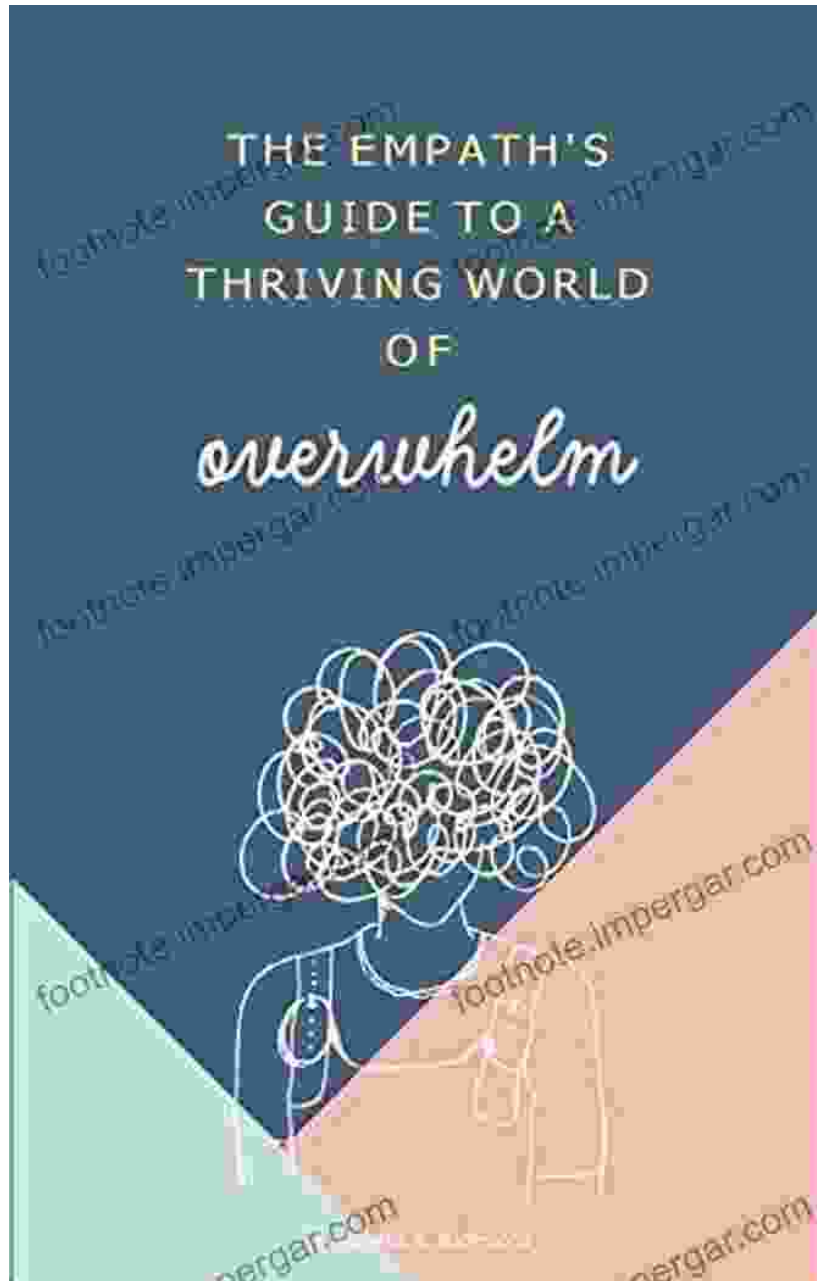
With humor, honesty, and compassion, Cooper provides a roadmap for achieving a fulfilling life, both personally and professionally. She shows us that it's okay to not be perfect, that it's important to set boundaries, and that it's essential to find time for ourselves.

If you're feeling overwhelmed and like you're constantly faking balance, then this book is for you. Sarah Cooper will help you to see that you're not alone, and that it is possible to find success and fulfillment in all areas of your life.

Here are just a few of the things you'll learn from Faking Balance:

* How to overcome the fear of failure * How to set boundaries and say no *
How to find time for yourself * How to create a more fulfilling work life * How
to be a more present parent * How to find balance in all areas of your life

If you're ready to stop faking balance and start living a more fulfilling life, then Free Download your copy of Faking Balance today.



Praise for Faking Balance:

"Faking Balance is a must-read for anyone who is feeling overwhelmed and like they're constantly faking it. Sarah Cooper offers practical advice and strategies for finding success and fulfillment in all areas of your life. With humor, honesty, and compassion, Cooper provides a roadmap for

achieving a fulfilling life, both personally and professionally." - Arianna Huffington, founder and CEO of Thrive Global

"Faking Balance is a refreshing and honest look at the challenges of modern life. Sarah Cooper shares her personal experiences and insights with humor and compassion. This book is a must-read for anyone who is struggling to find balance in their life." - Sheryl Sandberg, COO of Facebook

"Faking Balance is a game-changer. Sarah Cooper offers a practical and compassionate guide to finding success and fulfillment in all areas of your life. This book is a must-read for anyone who is feeling overwhelmed and like they're constantly faking it." - Elizabeth Gilbert, author of Big Magic and Eat, Pray, Love



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