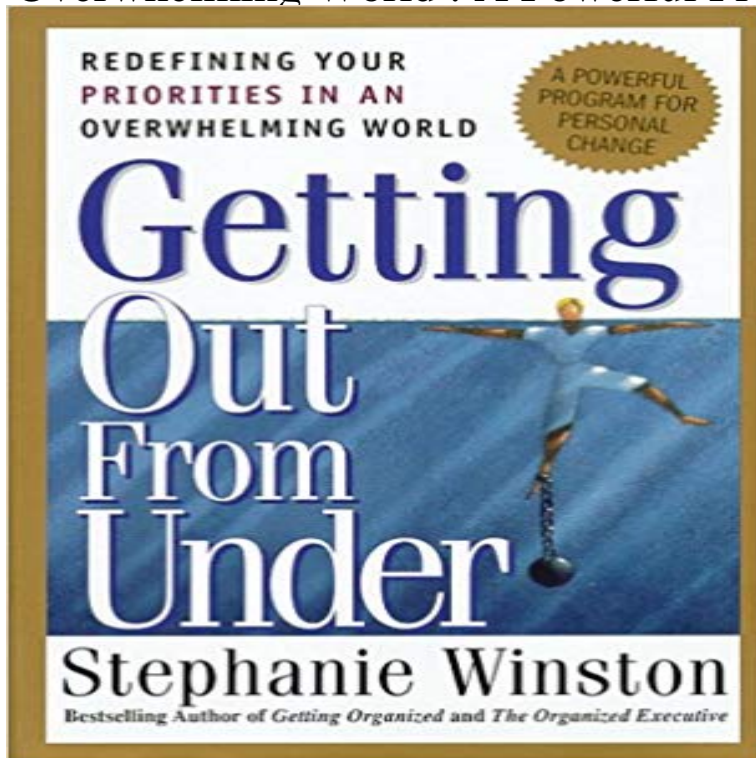


Getting Out from Under : Redefining Your Priorities in an Overwhelming World : A Powerful Program for Personal Change



Americans need a prescription for getting out from under the pressures of an overwhelming world. Stephanie Winston, master of home and office efficiency, has such a plan. The strategies and self-evaluation techniques in Getting Out From Under will help bring the way in which we live our lives and set priorities back into line with our fundamental values. Getting Out From Under includes: Flash Organizing tips to help create the physical and emotional breathing room in which to begin to examine our chaotic lives An ingenious new way to chart and to pinpoint the conflicting demands on time and energies, to calculate the congruence of our deepest-held values with how we currently organize our lives: The Solar System Technique Action plans for adjusting day to day life based on the inconsistencies and problem areas brought to light by Solar System test results.

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