

White Flowers Press

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White Flowers Press announces the release of ***Balancing Act: Reflections, Meditations, and Coping Strategies for Today's Fast-Paced Whirl*** by Adele Ryan McDowell, Ph.D.

Are you feeling stressed? Overwhelmed by information, tasks, and demands? Does the pressure to keep up make you feel like your eyeballs will pop out?

Take a deep breath. A quick dip into psychologist and meditation teacher Adele Ryan McDowell's new book will soothe your troubled soul and lift your spirits. ***Balancing Act: Reflections, Meditations, and Coping Strategies for Today's Fast-Paced Whirl*** brims and fizzes with mind-body wisdom. This gem of a book is a compendium of wit, insight, simple meditations, and helpful coping strategies.

Drawing on her knowledge of conventional psychotherapy and energy medicine, Dr. McDowell tackles issues such as how to heal an angry heart and ways to achieve balance in today's Tilt-a-Whirl world. ***Balancing Act*** can be read from cover to cover. Or opened at random to reveal tools and perspectives to quiet your mind, relax your body, and improve your health and sense of humor.

Psychologist Adele Ryan McDowell, Ph.D. consults, teaches, and writes about psycho-spiritual issues and transformational work. A mentor for living a balanced life in the 21st century, Adele helps others make sense of an upside-down world.

Visit <http://AdeleRyanMcDowell.com> to learn more about the book.

Title: *Balancing Act: Reflections, Meditations, and Coping Strategies for Today's Fast-Paced Whirl*

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