



Learning to Dance with Life: A Guide for High Achieving Women

Pamela Thompson

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Wherever you are on your life journey, this book helps you find peace amidst the chaos of daily life and work.

It includes proven strategies and powerful practices to support driven women to transform their lives from constantly “doing” and “giving” to healthy, balanced lives THEY design and love.

The author shares intimate experiences from her personal life and work with women and men around the world. Readers will be drawn to complete this book filled with valuable tools and practices to create a joy-filled life. The link to a companion workbook is provided.

You will:

- Discover some attributes of High Achieving Women
- Explore the costs of constantly *doing* and *giving*
- Design your own vision of work-life balance
- Create a healthy balanced life that works for you
- Learn proven practices to increase fun, focus, clarity, passion and inner contentment.

This action-oriented guide introduces the *Creative Living* concept and the seven elements and keys to integrating them into your life.

A valuable “go to” resource *especially* for High Achieving Women who are committed to positive change in their lives and in the world.



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