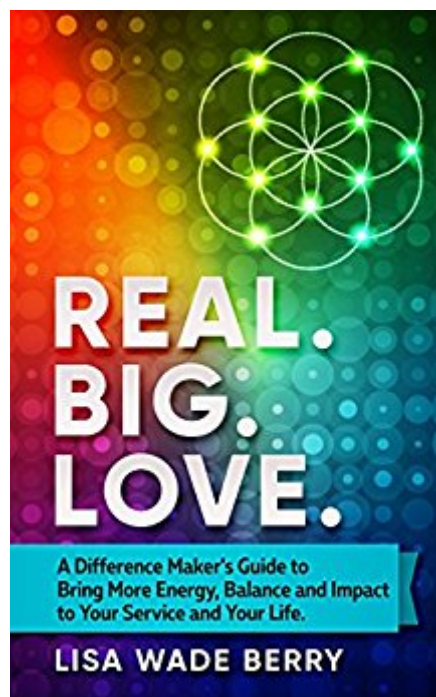


The book was found

Real. Big. Love.: A Difference Maker's Guide To Bring More Energy, Balance And Impact To Your Service And Your Life



Synopsis

Is Making a Difference Wearing You Out? You can Go from Exhausted to Energized while Making YOUR Difference. Do you work to make your corner of the world a better place, yet often feel overwhelmed from juggling so many responsibilities? If so, Real. Big. Love. is a practical guide to make your difference and still love your life. Real. Big. Love. offers an empowered way to approach service and life so you feel optimistic instead of overwhelmed, and energized rather than exhausted. The book focuses on authentic (real), bold and consistent (big) and love-based perspectives for making meaningful contributions for the world and yourself. Why our messy imperfections are perfect for our calling. How three four-letter F bombs cause us to get in our own way in service and in life (they're normal and fixable). Exercises to gain greater clarity on what is most important to you and makes your soul sing. Tools to bring greater energy, balance and impact to your contribution at work, through volunteer service or at home. Quick, cheap and easy body, mind, heart, spirit and energy practices to empower your difference-making and bring you more joy. As Difference Makers, we invest our time and energy to uplift and benefit others, yet we may feel guilty or selfish if we spend time on our own needs. When we flip this thinking on its head, we can actually have MORE energy, enthusiasm and passion to boost our causes and improve our lives. Lisa Wade Berry has enjoyed decades of service in nonprofits, Congress, community building and cause advocacy. In 2004, she founded Empower Change, Inc., a consulting and coaching company dedicated to helping Difference Makers, organizations and communities make their unique and needed positive contributions in the world. If you'd like to make a more profound positive difference for your cause and in your life, this book will light the way.

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