



# **How Did I Get So Busy?: The 28-day Plan to Free Your Time, Reclaim Your Schedule, and Reconnect with What Matters Most**

*Valorie Burton*

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**Do you feel stressed, overworked, like you're running on empty? Are you caught in the race to get it all done—with little time to enjoy the rewards life has to offer?**

There's no doubt about it: these days we are just too busy. With the conveniences of technology, we're compelled to get more done in less time and end up constantly striving for the next thing – rarely stopping to consider if it's something we even want. As a result, we end up missing out on the things that truly matter: our relationships, the activities we love, quiet time to reflect and replenish our energy.

Valorie Burton's *How Did I Get So Busy?* is the solution for anyone who feels perpetually overwhelmed and overworked: a simple, effective 28-day program to help you rediscover your true priorities, shift out of overdrive, and reclaim your life and schedule. Built around Burton's "Ten Commandments of Self-Care," each day presents an easy-to-follow task to help you strip away the meaningless activities that occupy your time and make room for what nourishes you--mind, body, and spirit. The tasks are simple but yield big rewards:

Take a full hour for lunch

Set "no-email" periods

Add fun goals to your to-do list

End your day "on purpose" – meaning that *you* decide when to leave the office, head home, and fall asleep.

Uplifting and inspiring, *How Did I Get So Busy?* offers an easy way to be rid of the busywork that fills our days and rediscover the life you've always wanted.

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