

# **Break Away from Overworking: Reclaim Your Time and Live a More Fulfilling Life**

**Are you feeling overworked, overwhelmed, and underappreciated?**

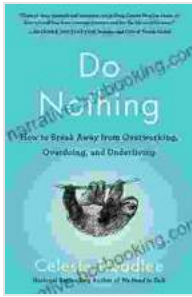
You're not alone. Millions of people are struggling with the same problem. But there is a way to break free from this cycle and start living a more fulfilling life. In her new book, *How to Break Away from Overworking, Overng, and Underliving*, Dr. Carol Morgan shows you how to take back control of your life and start living the life you deserve.

**In this book, you'll learn how to:**

- Identify the signs of overwork and burnout
- Set boundaries and learn to say no
- Delegate and ask for help
- Prioritize your tasks and focus on the most important things
- Take breaks and recharge your batteries
- Create a more balanced and fulfilling life

**If you're ready to make a change, then this book is for you.**

Dr. Morgan's practical advice and proven strategies will help you break away from overworking and start living a more fulfilling life. Free Download your copy of *How to Break Away from Overworking, Overng, and Underliving* today!



## Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving by Celeste Headlee

★★★★☆ 4.5 out of 5

Language : English  
File size : 4850 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 272 pages  
Screen Reader : Supported



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### About Dr. Carol Morgan

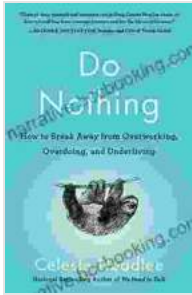
Dr. Carol Morgan is a clinical psychologist and the author of several books on stress management, work-life balance, and burnout. She has appeared on numerous television and radio shows, and her work has been featured in major publications such as The New York Times, The Wall Street Journal, and Forbes.

Dr. Morgan's passion is helping people find balance and fulfillment in their lives. She believes that everyone has the potential to live a happy and fulfilling life, and she is committed to helping people achieve their goals.

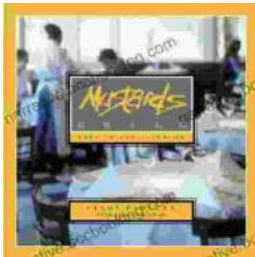
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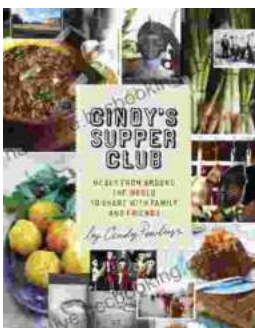


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