

Take a Break

67 WAYS TO PAUSE WHEN YOU ABSOLUTELY
POSITIVELY DO NOT HAVE THE TIME

CLARITY - ENERGY - CALM - EASE

Build more frequent pauses into your daily routine. You will be more present to the moments of your life and less driven by the momentum of your life.

Don't promise yourself that you will take a break 'once you are caught up'. It isn't going to happen. Pausing is not a reward for being done, it is an investment in being able to continue.

Let speaker and author, Patricia Katz, help you restore the rhythm of renewal to work and life, so that you can accomplish what matters most in ways that bring more peace of mind.

Take A Break is based on Pat's popular weekly e-zine, "Pause - The Voice of Sanity In A Speed Crazy World".

PAUSE FANS AND READERS SAY:

"Thought provoking!"

"Great for gaining perspective."

"A breath of fresh air."

"Insightful new ways to rest and restore."

"Sane and solid advice."

"Succint! Priceless!"

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YOUR CORPORATE NAME HERE

BY PATRICIA KATZ

ISBN 0-9734087-0-7

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