

Dr. Goldman's Book Reviews

TAKE TIME FOR YOUR LIFE

A 7-Step Program for Creating the Life You Want

By

Cheryl Richardson

Broadway Books 1999

This book, if taken to heart, can change your life. Cheryl Richardson is down to earth, direct and clear. Her suggestions are easy to follow, step-by-step and progressive. There are clear exercises and assignments to help order your problems and thinking and help you direct your actions. I especially like the quote from page 33”

“When you live a more holistic life, you naturally distribute your time and energy differently; creating a sense of balance that leaves you less vulnerable to crisis when changes occur in one area or another. That way, if you lose your job or find yourself facing a divorce, you can fall back on the other parts of your life to support you. A problem in one area does not have to feel like a life-threatening crisis.”

This book is about much more than time management. It is about examining your life from many aspects and planning a path for success, happiness and fulfillment.

Robert P. Goldman, M.D.