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Take Time for Your Life ***A 7-Step Program for Creating the Life You Want***

Cheryl Richardson
Broadway Books

This book, if taken to heart, can change your life. Cheryl Richardson is down to earth, direct and clear. Her suggestions are step-by-step, easy to follow, and progressive. There are clear exercises and assignments to help sort out problems and thinking while providing guidance on where to focus direct 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 is a great book for anyone who wants a different view of lifestyle and health. It is about much more than time management. It is about examining one's life from many aspects and planning a path for success, happiness and fulfillment. **Richardson's book helped me to start on my path to holistic medicine.**

Robert P. Goldman, MD