



Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life

Crystal Paine

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Calling the super busy, the stressed out, the overtired.

You know you're made for a more fulfilling life. With this book, you'll know where to start.

You wake up tired. Your to-do list is too long. The commitments and the laundry are piling up, but your energy keeps dwindling. You feel like you're simply making it through the days, not living or enjoying any part of them.

In *Say Goodbye to Survival Mode*, you'll find both practical ideas and big-picture perspective that will inspire you to live life on purpose. As a wife, mother of three, and founder of the wildly successful blog MoneySavingMom.com, Crystal Paine has walked the road from barely surviving to living with intention. With the warmth and candor of a dear friend, she shares what she's learned along the way, helping you:

- feel healthier and more energetic by setting priorities and boundaries
- eliminate stress with savvy management of your time, money, and home
- get more done by setting realistic goals and embracing discipline
- rediscover your passions and the confidence to pursue them

Packed with straightforward solutions you'll use today and inspirational stories you'll remember for years, *Say Goodbye to Survival Mode* is a must for any woman who's ever longed for the freedom to enjoy life, not just survive it.

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