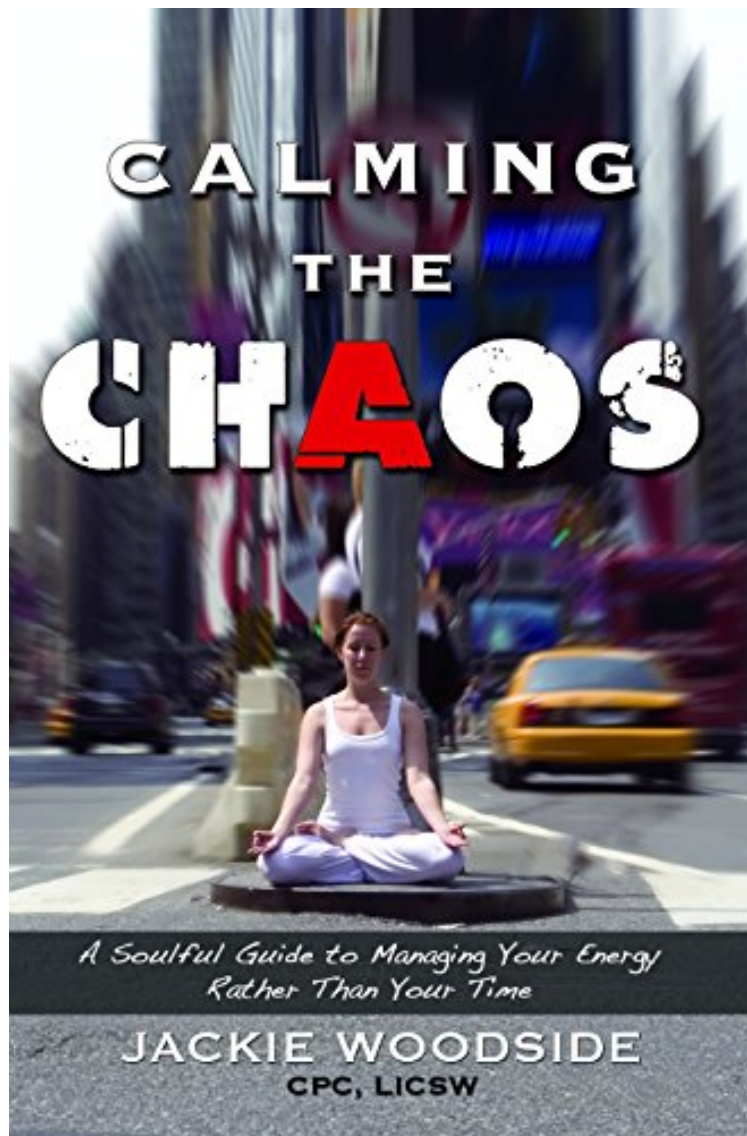


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Calming the Chaos: A Soulful Guide to Managing Your Energy Rather Than Your Time

Jackie Woodside

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Jackie Woodside : Calming the Chaos: A Soulful Guide to Managing Your Energy Rather Than Your Time before purchasing it in order to gauge whether or not it would be worth my time, and all praised Calming the Chaos: A Soulful Guide to Managing Your Energy Rather Than Your Time:

4 of 4 people found the following review helpful. Elegant mix of philosophy practical advice! By Beth Munro Read this book and do the exercises with all the honesty you can muster. Finally understand why standard to-do lists set you up

for failure, how a schedule gives you more freedom why managing yourself in time is what you can truly do. This book will broaden your definition of energy in a life-changing way give you inspiration to narrow your focus in a way most meaningful to you as an individual. It will make you laugh along the way, too! Thank you, Jackie, for your time AND energy in pulling this all together. -Beth Munro
1 of 1 people found the following review helpful. Live Your Values!
By Reverend Don Seiler
Jackie Woodside gives a wonderful new idea about living our dreams. She tells us to toss the terms stress management and time management. While you're at it, toss the to-do list as well. Don't stop just yet. Her paradigm of content and context is spot on and if you follow the guidelines you'll live a life of ease and accomplishment. Importantly, you'll accomplish your goals in all areas of your life, not just work. We can live in alignment with our values.
Jackie's writing is easy to follow and understand. It's obvious that she lives her plan.
0 of 0 people found the following review helpful. Great book WONDERFUL SYNTHESIS
By Thomas M Keydel
This book has great information. Clear, well organized, chapters are short and succinct. It holds your interest and asks all of the important questions
The distinction she makes between CONTENT (the things that we do out here in the world) and CONTEXT (the values, beliefs and assumptions that color our reactions and responses) is a brilliant approach to understanding the "time" (as a resource) and "being" (what we do with that resource) problem.
Jackie is a great personal friend and she is exceptionally knowledgeable about this subject. What a wonderful thing to see her launch this book out into the world. Bravo!

Far too many people in contemporary culture feel they don't have enough time to "get it all done."
The stress of this chronic overwhelm creates a disorganized mind that leads to a chaotic life. Based on her highly acclaimed "Energy Management" workshops, and drawn from over 25 years of counseling and coaching experience, professional trainer and speaker Jackie Woodside shares her breakthrough methods that lead to becoming the least stressed, most productive person you know!
In *Calming the Chaos*, you will learn the step-by-step skills and thought processes that lead to increased productivity and peace of mind. Jackie's approach stems from the new frontier of human performance called energetic consciousness. Part philosophy, part psychology, fully practical application, you will learn:
- Why there is no such thing as time management and what to do instead.
- How to manage your energy instead of your time and stress.
- The three-step formula for managing every component of your life for the rest of your life!
- Why "to-do lists" are a set up for failure and what really works.
- "The Three Strikes Ruler" that will end procrastination for good!
- How to always know that you have the time for what you want and need to do!
Many books promise to change your life. Applying these principles will make this a reality!

About the Author
Jackie Woodside, CPC, LICSW is a psychotherapist, coach, speaker and author, specializing in the power of managing personal energy, rather than time or stress. An bestselling author of "What If It's Time for a Change?" and highly sought-after speaker on leadership and empowerment topics, Jackie conducts training programs for public, private and government sectors nationwide.