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Inner Peace for Busy Women

Joan Z. Borysenko

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This is a book about getting real. It tells the truth about busyness and peace in a way that can help us women change our lives. Until quite recently, it was politically incorrect to mention that balancing work and family, while having any time left to nurture our spirit, was a tall order. Only now, when a second generation of women is entering the ranks of the family-work-spirituality jugglers, do we feel secure enough to stop for a minute and say, "Wow, this is a hard act to pull off. Sometimes we're tired, stressed out, and in danger of shutting down and losing our hearts. But if we share the truth of our lives, we can find a better way. Here's what we learned that can make it easier for you."

This book gets to the heart of how we busy women can find a center of inner peace even when life is swirling around us like a cyclone. The actual problem isn't that we women are overwhelmingly busy, or that working women with children are the busiest people on the face of the earth—the problem is that we've been taught to think that our external lives should be balanced in a prescribed way. Since they generally aren't, and the likelihood is that they never will be since life is always changing, we create suffering by resisting what is.

Inner Peace for Busy Women will show you how to stop resisting your life and start living in the center of the cyclone, where it's always peaceful. Among other things, in this book you'll learn how to say no without feeling guilty; make peace with the past; be peaceful even in circumstances where happiness is not an option; follow your inner guidance; and be a beautiful mother, sister, aunt, daughter, lover, spouse, and friend—all by being your best, authentic self.

Women are systems of energy. Understanding what feeds us and what feeds off of us is integral to establishing balance and inner peace. Busyness is not the major issue for most of us—it's our thoughts about our lives that can create symptoms of disharmony, including money and health problems, loss of empowerment, relationship and parenting difficulties, meltdowns at work, and depression. And although a long bath or a spa getaway can help, finding authentic balance means learning to take back the power we've given away and becoming wise—one satisfying step at a time.

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