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psychologist Tony Crabbe outlines a unique three-step approach to combating one of the modern life's great problems: being too busy. BUSY is divided into four digestible sections-Mastery Busy: How to Thrive in a World of Too Much: Tony Crabbe ...- from Busy, How to Thrive in a World of Too Much” — 2 likes “The opposite of busy in today's world is sustained, focused attention. It is deep engagement in activities that really matter to us, or in conversations with those we care about.” — 2 likes Busy: How to

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4. Momentum - part of the challenge to moving beyond busyness is that even if you agree you should make the change, you're too busy to find the time and energy to do anything about it. This section is dedicated to helping you make the change, creating the impetus, energy and clarity to move to a life less busy.

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A busy life is NOT easy, and I promise it's not wizards and rainbows at my house. That said, tonight I decided to take a long hot bath with a book instead of folding the laundry that has been in my dryer all week. ☐ It's been a full week at work and I needed

to take care of myself way more than doing chores.
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