

# Stop Surviving, Start Thriving

Find Your Perfect Balance in  
a Not-So-Perfect World



**KIM ROBINSON NETO**

Kim Neto

## Stop Surviving, Start Thriving: Find Your Perfect Balance in a Not-So-Perfect World



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Breaking it into easy to stick to lifestyle changes, become familiar with simple strategies for living a happier, healthier (and hopefully longer!) world than previously. As a result, they are gaining weight, feeling sicker, dealing with depression, and living with unpleasant and sometimes very serious illness. As a busy woman herself, Kim Robinson Neto shares her journey from being a stressed-out, anxious, ill, and over-committed mom to finding perfect balance and health in her not-so-perfect lifestyle. Women are faced with more tension in today's life. Stop Surviving, Start Thriving may be the ultimate guide for each busy female and mom. If you are prepared to stop feeling as if you are simply surviving, read this reserve and prepare yourself to thrive!



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Information and Inspiration Love, love, love. Kim Neto is definitely speaking my vocabulary. Kim shows us how to go from feeling depleted to feeling energetic and young again that is what most active moms dream of feeling . Taking into consideration myself a survivor in existence, it's comforting to get another person who has faced existence struggles, and has uncovered how to handle the stress- and she knows how to share the knowledge. She has concentrated and organized these details into 18 manageable chapters with useful and time-saving text message features like lists, bulleted actions, and strategic bold phrases. I love that Kim Neto, whose viewers is looking for balance, has taken enough time to make each page inviting instead of overwhelming. As far as content goes, Kim, a Certified Health Coach, obviously understands her stuff and she's wisely selected to dole out that knowledge in quickly digestible chunks. As a stressed, out-of-balance mom, I wholeheartedly recommend this book. My only caveat is definitely that you may need to read several chapters multiple situations: Chapter 8 Glucose, the Real Enemy. Cue the violins; I've gone into mourning. But. easy way, talking with me as a companion .. lucky me, Kim does not leave me high and dried out in the desert of sugar free foods; the Energy Balls on web page 114 are amazing. Many thanks, Kim Robinson Neto, for the info and inspiration. I actually had all the symptoms of "Superwoman Syndrome" - there is a recipe to permit them go! What a treat! I am so pleased with my fellow IIN grad and author Kim Robinson Neto. The bright colorful cover caught my interest and the name enticed me to open the book. I love the tips and recipes! I recommend this book!.. Baker, PMP and INHC, author of YOUR NEXT Ideal 50 YEARS: Make the Afternoon you will ever have Healthy, Happy and Effective. It's very easy to read. Go from merely surviving today to thriving tomorrow I received an advanced copy of this book so when I started scanning this book and couldn't place it straight down. Truly inspirational! In addition to the financial impact, the physical and psychological toll positioned on the care-giver, credited primarily from stress, often results in detrimental physical and emotional impacts. This publication provides useful tips to manage stress, exercise and eat healthy to move from just surviving to thriving in virtually any scenario. As you hear over and over in the airline industry – put your own oxygen mask on initial!~ Vickie T. xo Lynne Great advice for the sandwich generation! A must read! I absolutely fell deeply in love with this reserve! In this short, easy to read book, Kim Neto provides presents of her open-heart, valuable experience, and deep understanding. I have been running in so many directions as a mother of four girls and new entrepreneur. I have felt so overwhelmed lately and I know I have taken the focus off of looking after me initial. I realize if I am totally exhausted, I cannot take care of anyone else. This book really helped me figure out how to come from exhaustion to energetic once more! The rest of the books is a guide to revive balance and health through proper nutrition, tension decrease and self-care. I understand so many women, including myself, who have gotten to that host to being in "survival setting" to the point of burn-out and overwhelm. It is specifically what I had a need to help guide me from feeling completely pulled at every position to finding balance in my life. Reading her tale about the joys and challenges to be a new mom and then finding herself sandwiched between caring for her child and her elderly parents is certainly validating to anyone going through a similar scenario. The Title Says everything ! Lots of easy to understand and implement suggestions and great healthy dishes! Amid all our duties as moms we are able to still find methods to be healthful,( clean eating recipes included) find some workout and make period for us. The title says it all! Today in our country, more than 30 % (70 million) of the adult people (45 and older), based on the National Alliance for Caregiving and AARP, provide care giving services to somebody who is ill, disabled or aged. Great publication for mom's, never understood I was a "mama-holic" or regarded as

myself part of the sandwich era, its precisely what you do. Great mother's day present. Like the exercises and guidelines that are contained in the reserve, that help implement transformation in our lives that help us move from simply surviving today to thriving tomorrow. Guess most of us loosing sight and forget how important finding time for ourselves is usually and choosing the best balance inside our lives. This reserve is certainly a definite most read. Essential read for busy ladies! Kim's sharing her own experience about the difficulties she's overcome makes you feel like you're getting expert advice not only from a qualified health trainer, but also from a person who's been there. I must say that this is a must-read publication for busy females who are consumed with stress and frazzled with too much on their plates. This reserve is packed with practical tips about how to reduce tension, practice better self-care, and enjoy life to the fullest! Kim Robinson Neto shares her simple yet powerful strategies in such an engaging manner; scanning this book is similar to having a discussion with a very wise and health-minded friend. A good fast go through for busy moms and women In the book Prevent Surviving, Begin Thriving the author displays us ( Busy Moms) how to stop trying to be a supermom and how to slow down. This book is for ANYONE who has lost their way in health and fitness and wants to look for a simple route to return to balance. She has a casual writing style that makes me feel as if I were sitting down to chat with a loving and educated friend. An excellent fast read for occupied moms and women. I love her book I love her book. Kim addresses a major social problem of our time. The chapters aren't very long making reading the book much easier for busy mothers. Its filled with great info and keeps it all simplified making everything an easy task to follow along. The majority of caregivers provide unpaid providers to those they like, using their own money to supply the mandatory care including taking time off work or quitting their jobs to do so. Great, down to earth book! This is an excellent, down to earth book about exactly what the title suggests: going from merely surviving life to thriving and actually enjoying life! I received an progress complimentary copy of End Surviving, Start Thriving. Quick, easy, guideline from mom's That you'll have to period read and implement to their lives. Reading this book is similar to talking to a reliable friend Thank you Kim, for posting your story! A wonderful reserve that a lot of women and, most likely all moms will relate to. I valued Kim's kind voice and writing design- reading the reserve is like speaking with a loving, trusted friend and the easy, practical tips she gives, can help you make contact with balance and thrive, physically, emotionally and spiritually!. wink wink. I've quite a few books but this was the first one that I've read completely and couldn't deposit. I'm not somebody who enjoys reading personal help books, yet I found myself attracted to this book. Her book actually cuts to the chase and addresses what active moms need to do to avoid the repeating procedure for getting buried in our personal lives. Everything in her publication is useful for the present day and busy mom: Me personally. Kim Robinson Neto writes in a warm, easy way, speaking to me as a companion might.. My sort of book, indeed! Many thanks, Kim, for your insights, and I also look forward to using the recipes in the back, especially the healthful chocolate ice cream! Yum! Its filled up with great details and keeps everything simplified making everything easy .. The reserve doesn't overwhelm with rhetoric, but tells it like it is. Finally a book I could read and completely relate with!. She talks about everything that women go through.



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