

Paine, Crystal, 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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Do you wake up tired, with a to-do list that's too long? Are you simply making it each day, not living or enjoying them? Offering practical ideas and big-picture perspectives, Paine will help you set realistic priorities, goals, and boundaries; manage your time, money, and home; and rediscover your passions - and the confidence to pursue them. Crystal Paine is the founder of the blog, MoneySavingMom.com.

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