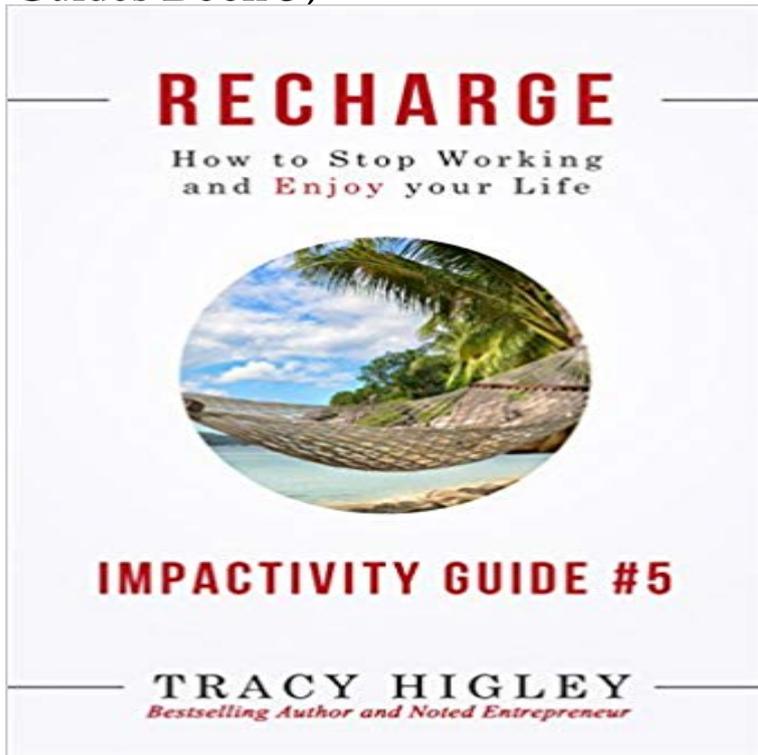


Recharge: How to Stop Working and Enjoy Your Life (Impactivity Guides Book 5)



Your life of Impactivity is in full throttle, and its hard to slow down, so how do you find time to rest and enjoy life? You are pursuing your dream, or at least youve gotten started, and life is full and busy. The possibilities of where your dream might take you are endless and there are still all the other areas of life to contend with, like relationships and your health. So **WHEN WILL YOU REST?** Its easy to slip into the old habits of overwork. Of mere productivity instead of Impactivity. Between all the projects youve mapped out, the healthy habits youre pursuing, and the responsibilities and relationships in your life, slowing down makes you feel guilty. So you keep pushing, until you end up crashing with some mindless distraction or indulging in unhealthy ways to recover that only leave you feeling worse. In Recharge, the fifth and last guide in the Impactivity Series, bestselling author and noted entrepreneur Tracy Higley invites you to relax into the life-giving and energy-renewing practices that will round out your life of adventure. Youll learn: How to resist the guilt that comes from slowing down How to rest in a way that truly refreshes How to pursue silence, solitude, and other joyful practices How to set aside times for reviewing, analyzing and reorienting your life How to embrace times of celebration and joy through the senses, the arts, and having fun Its time to stop crashing at the end of an exhausting day and instead learn the rhythms of work and rest that will create your healthy life of Impactivity. This short guide is jam-packed with practical wisdom, links to free resources and a process for recharging your energy to live a life of joy. Inspiring, challenging, and freeing. The best book for Christian entrepreneurs Ive ever read. ~Lacy Williams, USA Today bestselling author and small business owner Tracy Higley is John Maxwell for women! Empowering, practical and inspiring,

Impactivity was exactly what I needed to help focus my goals, my dreams and my daily to-do list into a life of Impactivity. If you want to stop running in circles and start moving forward to make an impact on your world and love doing it this series is exactly what you need. ~Susan May Warren, best-selling novelist and founder of My Book Therapy, a craft and coaching community for novelists I'm pretty sure Tracy Higley cut out a picture of me, stuck it on her computer monitor, and wrote Impactivity just for over-achieving me... This guide has given me much to think about in terms of my impact on this world, and my health in the midst that pursuit. ~Mary DeMuth, author of Worth Living: How Gods Wild Love for you Makes you Worthy

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