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The Happy Medium: Swap the weight of having it all for having more with less



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By Annmarie O'Connor : The Happy Medium: Swap the weight of having it all for having more with less happy weekend and welcome back to 3 ingredient happy hour the weekly drink column featuring super simple yet

By Annmarie O'Connor audiobook | *ebooks | Download PDF | ePub | DOC delicious libations this week is a very special you are using a browser that is not supported by horsequest to ensure an optimal experiance please consider updatingchanging your browser learn more The Happy Medium: Swap the weight of having it all for having more with less:

The speed of modern culture combined with the hyper connectivity of technology has shifted our perspective from good enough to never enough We are now primed to expect more to aspire to better and to want nothing less than the best The reality It s making us miserable So if you d like to swap the weight of having it all for having more with less then get ready it s time to discover your happy medium This isn t a mantra of mediocrity Rather it s about f About the Author Annmarie O Connor is the bestselling author of The Happy Closet a fashion writer and an award winning stylist Her editorials and stylings appear in the Irish Examiner The Sunday Times Style the Irish Times Irish Tatler Image and The Gloss

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