

Secrets to Balancing Your Life

Use what you know and love to help improve the rest of your life: That is what the authors of DreamTime Publishing's *Open Your Heart* series can help your readers, viewers, or listeners do.

Contact us for exclusives, your particular needs, and last-minute ideas.

Story Ideas

6 Ways to Feel Better and Find Your Balance in Any Situation

How to Make Self-help Make Sense

The Power of Positive Feeling

Change Your Vibe, Change Your Life

Be more aware of your heart, be more aware of your life

The 3 secrets to a good life: Be aware. Be grateful. Be happy.

Learn to embrace what works for *you*.

How to enjoy your everyday life more

Feeling good should be easy

6 Steps to Kevin Bacon—6 Steps to Feeling Better about Yourself

Knowing is stronger than believing

Learn to do what self-help books recommend.

Making self-help fun

What mind, body, spirit *really* means

Find your heart, find your purpose

You *do* have the power to change your life

How your hobby can help you master your life

Visuals

Scale: By using a scale, readers or viewers can see the contrast between the heavy side, weighted down by stress, anxiety, guilt, anger, etc. The light side represents the happy and joyful feeling when we're doing something we love (bicycling, skiing, playing in the snow, singing, playing tennis, drawing, gardening, etc.). Similarly, a ladder can be used to show a step-by-step reaching for a better feeling until you get to the top (the feeling you have during a favorite activity).

The first step is to recognize the feeling of being in the flow when you're happy.

The second step is to use that happy, in-the-flow feeling as a gauge to measure and improve your other feelings.

The Goals:

Give yourself permission to feel good.

Learn how to use your good feelings to balance out the bad.

Learn how to use your good feelings to improve the bad