



Core 4: The Life Balance Management System: Bringing Life into Balance (Volume 1)

Jonathan A. Green PhD

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Core 4 takes a unique approach to how we strive for balance in our personal and professional lives. The opening scenarios will fit a multitude of individuals at different stages or different places in their life. The system does not try to be all things to all people but to be the right actions for the right person. The book is an excellent tool, if the reader chooses to take action. The system will only work if the reader becomes the action star. Core 4 will walk the reader through the process of assessing what is working and what is not. It is not for anyone else to decide this other than the individual. The system has been proven successful over and over. The time to achieve the balance is dependent on what the individual is willing to put in, invest and improve. This is not hype, but straight forward truth. Jonathan A. Green PhD has invested almost 30 years working to improve quality of life for his clients. These time tested principles have proven themselves as timeless in their success for those that are willing to do the road work. Those that want to be successful will make this work, the rest will not Plain and simple. If you are ready to move forward, whatever that looks like, open the front cover and we will start the journey. If you are still thinking about it, this is not the book for you. Take action now!

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