

# **Behind with the Laundry and Living off Chocolate**



# **Behind with the Laundry and Living off Chocolate**

*Life changing strategies  
for busy women*

**Lynette Allen**

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For  
Nick, Georgie and Barney



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have a strategy that you may not have considered before. Adapt each suggestion to suit you and, at last, you'll have solutions that really complement both your individuality and your hectic lifestyle! You'll find a whole series of complex and serious subjects discussed in a light-hearted and humorous way, using down-to-earth examples of real women who have overcome all sorts of fears and issues. The stories you will read are real and the tips I have illustrated can bring about huge changes in people's lives, proving that change really doesn't need to be scary.

Use this book to consider how you run your life, the habits you have developed and your patterns of behaviour, both consciously and subconsciously. When I see clients for the first time, I talk to them about three things: the role of the subconscious mind, female intuition and dehydration. The subconscious has a bigger impact on your behaviour patterns and actions than you might think and the power of a woman's intuition is largely underrated as a guide, both in business and personally. Finally, it may seem odd that dehydration is on the list but its effect can be very debilitating and I will explain why. These three issues are all covered, giving you the opportunity to take control of your body and your life in a positive and healthy way.

# How to use this book

Hands up if you've ever shouted "STOP THE WORLD, I WANT TO GET OFF!"—well this is your chance to make that saying a reality. This book is now your very own sanctuary, a place where you can go when life seems just a bit too tough, a place where you can find the answers to life's problems. Inside is a host of tips that you can make your very own. By reading and absorbing them, you'll be giving yourself the unadulterated luxury of thinking about you!

With these realistic, workable, tried and tested methods, your friends will want to know how you can laugh when your life is in chaos, make effective choices in the face of adversity and trust yourself that, whatever happens, you'll be OK! Understand the real power of being a woman and having it all. If you're behind with the laundry, lacking inspiration, desperate to get some kind of control over your life and living off coffee and chocolate, this book is especially for you!

You can dip in when you most need support and you don't have to plough your way through it to find the part that applies to you. Simply look up the tip that is closest to your situation or issue of the day and you'll immediately

## *How to use this book*

Written especially for women, *Behind with the Laundry and Living off Chocolate* recognises that we girls have it tough! Yep, we wanted equality and we got it, we wanted careers and we got them—all great stuff—but no one realised that we would still have to fulfil our traditional womanly roles on top of these new challenges. No one can take away the pressure we put on ourselves to hoist all this on board and pull it off perfectly! We've got career paths to follow, targets to beat plus the gym to get to. We're the ones that worry about eating healthily, being a sexy wife, multitalented mother, adventurous girlfriend, great best friend and a thoughtful daughter. We remember the birthdays, do the shopping, dress to impress and run the kids to school! What's more, we're meant to do all this and more without getting emotional, stressed, worn out, tearful or downright hysterical!

Well, it's time to get smart and take a breather. If, secretly, you know you could be making much more of yourself and your existence on this planet, or if you just want a few tips to deal with the day-to-day trials of living, you've picked up the right book. From lifting those heavy guilt pangs to setting personal boundaries, from altering your body language so you can get what you want and learning how and why it is so important to think positively,

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this book contains inspirational and creative tips to help make your day, week, month and year run just that little bit smoother!

Use them as you please: either read right through the book, one by one, or use your intuition a little. Do this by holding the book in both hands and concentrating on a specific problem. Once you've done that, simply open up the book at any page and start reading. The chances are that you opened a page containing a strategy that may well help you. Remember that when using your intuition, the subconscious mind works in illogical ways, so think about how that strategy could help your particular problem. It might even be glaringly obvious. Alter each tip to suit your personal situation but take the inspiration and use the ideas as your secret weapon for success.

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# What, this old thing?

*Learn how to take  
compliments with pride*

*Do you blush every time someone pays you a compliment? Do you put yourself down before your friend even finishes her sentence? You're not alone ... but this will give you something to think about.*

Oh go on ... just take it! You wouldn't think it would be so difficult would you? Nearly every woman I have ever coached though has, at some point, brought up the fact that she finds it hard to accept a compliment. Why is it that whenever someone of whatever sex says, "You look nice today!" we feel we have to throw it back at them with a self-deprecating answer like, "What, this old thing?" or "God no, I look awful!" What is it that physically stops us from just smiling graciously and proudly saying "thank you!"?

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From chief executives to mothers bringing up small children, the story is just the same. When I've asked my clients what stops them taking a compliment, the answers range from feeling guilty and embarrassed about looking good, to simply not believing the compliment was really meant in the first place.

Accepting a compliment is not about being vain or showing off, it's about feeling good about yourself, and everyone is allowed to do that. People who show off often do so at the expense of others. They outshine those less confident on purpose, knowing they will steal the limelight. People who are vain do the same. So preoccupied are they about how they look, they forget that other people have feelings and often fail to notice when anyone else looks good. On the other hand, people who accept compliments come across as self-confident in a way that makes other people feel good too. They don't aim to steal the show but want you to share the limelight with them.

Sometimes my clients say that even when their hair, make-up and stomachs seem to be behaving themselves, they would never admit to anyone that they know they're looking gorgeous. The reason why some women find it hard to take compliments varies. Sometimes it's due to the way they were brought up and sometimes it's that nagging