

Eliminating the Chaos

Today on Community Voices we talk with Carmen Perez about Effortless Living & Eliminating the Chaos from our lives.

A bit about Carmen M Perez:

I used to be a burnt-out, 24-hour woman myself. I felt overworked, overcommitted, and overwhelmed. And boy, did it cause a wake-up call.

Here are some numbers for you:

- Only 7% of the population has achieved well-being in their lives
- 8 out of 10 woman say they feel stressed, exhausted and guilty, and since the start of the “Women’s Movement” the “happiness” levels of women have steadily gone down.
- Fewer than 20% of women as satisfied with the amount of time they spend on them selves.
- Over 60% of the population report living with chronic stress
- 92% of Chronic Illnesses are caused by stress
- Chronic stress can increase your chance of a heart attack by 80%.

Scary stuff. Do you see yourself in those numbers? I know I did.

I worked as a commercial real estate paralegal for about 20 years. I was so proud of my career. I’d overcome a lot in my life and I felt like I was setting a great example for my children that if you work hard, you’ll get a nice house with nice furniture and a nice vacation every now and then. But, if I was really honest with myself, I wasn’t thriving – I was just surviving. There are only so many hours in the day, right?

Then, in 2008 I developed a chronic autoimmune disease for which there is no treatment or cure. The regular bouts of pain and fatigue further prevented me from living out the authentic, heart-centered life I so deeply craved.

While trying to find my new “normal,” I felt completely lost. I lost my identity and had no clue how to get it back. And the resources available to me were scarce and, quite frankly, not very helpful. The disease forced me to slow down and really figure out if I was living life the way I wanted to. If I was really living at all.

So I sought out answers. After years of analyzing the studies, reading the books, and speaking to the experts about physical, mental and emotional well-being, I’ve learned a thing or two. I’ve learned that by reclaiming our time and calming our chaos, we can transform the way we experience our world so we may deliberately create thriving lifestyles filled with quality, meaning and connection. Today I have a unique understanding of the difficulties involved in recommitting to hope and personal well-being.

I’ve seen the doctors, I’ve read the books, and I’ve lived it. I’ve discovered how to take control and create the life of balance and joy I’ve always dreamt of, and I want to share that with you.

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Here is the direct link in case stream in not working:

<http://www.blogtalkradio.com/linkedlocalnetwork/2014/08/01/eliminating-the-chaos>

To Watch the Visual Video click here:

Here is the direct link in case the streaming is not working:

<https://vimeo.com/102106021>

Here is the Link to the article I, Carly Alyssa Thorne wrote for Carmen M Perez for her: Thriving Productivity Blueprint at Work: on - "How to Manage Your Time While Working from Home" addressing chaos in the home environment:

<http://www.effortlesslivingonline.com/thriving-productivity-blueprint-work-howtomanageyourtimewihileworkingfromhome/>

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To Learn More about Carmen M Perez go to:

Website: <http://www.effortlesslivingonline.com/about/>

To sign up for the FREE "The Chaos Detox Webinar" Starting August 5th click on link below the graphic:

<http://bit.ly/chaosdetox>

Host, Interviewer, Producer: Carly Alyssa Thorne <http://www.CarlyAlyssaThorne.com>

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