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## Author Helps Women Find Elusive Work Life Balance

-(Corporate Wire)- DACULA, GA – For women seeking to achieve a happy medium in their lives, Charmaine Augustin presents a new guide, *Nine to Five or Something Like That: Finding Work/Life Balance and Fulfillment for Women* (now available through AuthorHouse).

A bird's eye view into the busy lives of women who feel suppressed by their hectic schedules, family and work obligations and lack of energy, Augustin's book illustrates ways to reclaim one's zest for living.

"Staying informed and astute while guarding against losing our passion, our soul, and our self is important in today's busy world," she writes. "It is all about creating balance in every area of your life. Whether you are in the work force or work from home, the challenge to have stability, peace and fulfillment is foremost."

Augustin helps readers understand that true calm comes from within. Tapping into one's own intuition is one of her major themes, as she encourages women to follow their hearts, pinpoint what they love to do and set priorities based on their ideal situations. She offers personal experiences and many examples from real women who have struggled to discover that blissful balance, where family, love, work and passion co-exist peacefully.

From the nitty-gritty of scheduling one's day to the cosmic goals of happiness and enthusiasm for life, *Nine to Five or Something Like That* is an invaluable tool for women who feel they have lost themselves in the ruckus of the modern world.

Born in Jamaica, Augustin lived in Boston for 15 years before moving to Dacula, GA where she currently lives with her husband and three children. After working in the corporate banking sector for many years, she re-evaluated her life and took time off to write this book. A life coach and motivational speaker, Augustin is the Founder and CEO of Lifestyles and Trends LLC, where she continues to passionately help women who are transitioning in life.

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