



## Organize your Life, Create Peace of Mind

*Jasmine Alexander*

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# Organize your Life, Create Peace of Mind

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## **Organize your Life, Create Peace of Mind** Jasmine Alexander

Are you overwhelmed with the information coming into your life? Taking care of the family's information? You are not alone. We spend a significant amount of time looking for things and fixing items that expired. This book is about getting your paper and data organized as you go through life. When you have your information organized, you know what is missing and how to fix it, you can truly let go and relax. All the to-do's are done, no more thinking about things that you "should" have done, most times until it's too late. Create Peace of Mind by tending to these tasks that you keep putting aside even though you know they need to be taken care of. Whether it's completing your beneficiary statement for your 401k, setting up guardianship agreements for your children or having the title to your car, you know you have taken care of it and making sure your partner, sibling, parent or child knows where the information is. This book will help you with proven techniques to get your papers and important information organized. It points you to resources that you can use and education that can help you. A message to women: If you are counting on your partner/spouse to take care of everything for both of you, please take some time to understand what is and what is not in place. Women live longer than men by an average of 5.6 years in the US. Simply check on it. This book is a short read that can get you started with organizing your papers immediately. To everyone that is hesitant, overwhelmed, start with easy things like things in your wallet. Make copies or digitize them. And, to everyone that is eager to start, I am here for you. I have webinars, articles, videos that can help you at [www.jazmine.com](http://www.jazmine.com).

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