



# My Wife Hates Me, My Kids Don't Know Me, and I Think I Have a Dog: Finding Life Balance Before You Lose It All

*Dr. David Powers*

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There are seven key areas of life that we all experience or should if we only made the time. Instead of balancing our lives as we should, we all spend too much time somewhere to the detriment of the other areas in life. It could be work, hobbies, education, or anything that takes too much priority. For those of us in the small business world it usually happens to be work. This imbalance has an impact on all parts of our lives and can cause disastrous consequences. It endangers our relationships, our success, and even our own lives. Find out what it means to balance your life for maximum enjoyment and hopefully get back to knowing those people you call friends and family. Think about how it could make everything better at work, at home, and at play.

Author Bio- Dr. David Powers is a Cultural Architect, combining the worlds of futurist, informationist, and counselor into one. Considered a human puzzlemaster, he has a penchant for assembling random bits and bytes into workable solutions. He's a best-selling author in the areas of cognitive psychology, experimental education theory, and martial arts. He's a decorated veteran of the Marine Corps, Army, and a founding member of the U.S. Department of Homeland Security. As a professional model and actor he has appeared in film, fashion shows, and even comic books. Married and the proud father of three feral boys and one princess that he and his wife homeschooled, his mission in life is to find the magical best mug of coffee in the world. Be sure to check him out at [drdavidpowers.com](http://drdavidpowers.com).



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