

Monsurat Abolashe, Lagos-based creative visionary, shares insights from her debut book, *The Balanced Hustle*

A refreshing take on ambition, mindfulness, and purpose from a new voice redefining hustle culture.



Lagos, Nigeria Oct 15, 2025 ([Issuewire.com](https://www.issuewire.com)) - In a world that glorifies constant productivity and “grind culture,” **The Balanced Hustle** invites readers to pause and find clarity. Drawing from her own experiences as a serial entrepreneur, product designer, and a former Social Media Manager.

Monsurat offered honest reflections on how to balance creativity, business, and well-being without losing yourself in the process.

*“I wrote **The Balanced Hustle** for people like me, those with many dreams, passions, and paths. It’s not just about doing more, it’s about learning when to slow down, realign, and trust your timing,” says Monsurat Abolashe.*

Through relatable stories and practical insights, **The Balanced Hustle** challenges the myth that success must come with burnout. It encourages readers to embrace balance as a form of strength, not laziness while redefining what it truly means to “have it all.”

Beyond her role as an author, Monsurat Abolashe is the founder of **TS SNACKK**, a Lagos-based peanut burger brand, and **TSB Hair.co**, a premium hair extension company that is about to be launched really soon. She also has a background in Product Design and Social Media Management helping small businesses grow with creativity and authenticity.

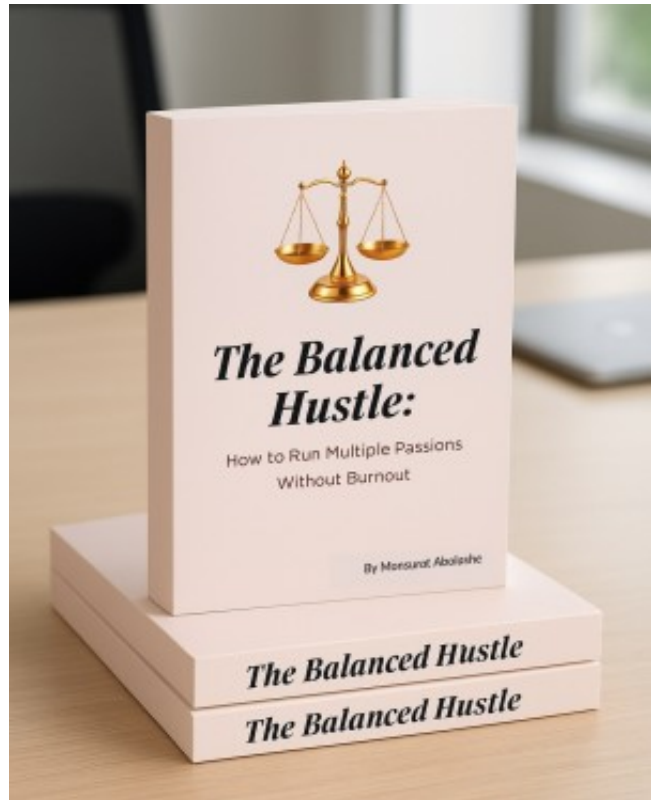
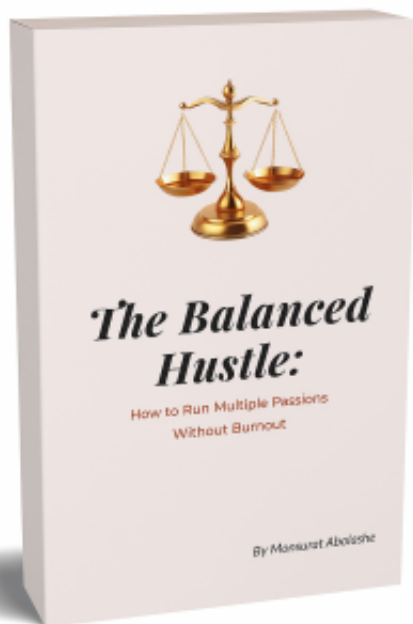
The Balanced Hustle is now available on Selar [[Purchase here](#)]

Readers can expect not just a book, but a companion for navigating modern-day ambition with mindfulness.

About Monsurat Abolashe

Monsurat Abolashe is a Lagos-based author, entrepreneur, and product designer passionate about helping multi-passionate individuals find clarity and fulfillment. She is the founder of TS SNACKK and TSB Hair.co and the author of **The Balanced Hustle**. Monsurat blends creativity, spirituality, and storytelling to inspire others to pursue purpose with balance.

Instagram: [@ma.forma](#)



Media Contact

R & A Marketing and PR agency

*****@gmail.com

Ikoyi, Lagos

Source : R & A Marketing and PR agency

[See on IssueWire](#)