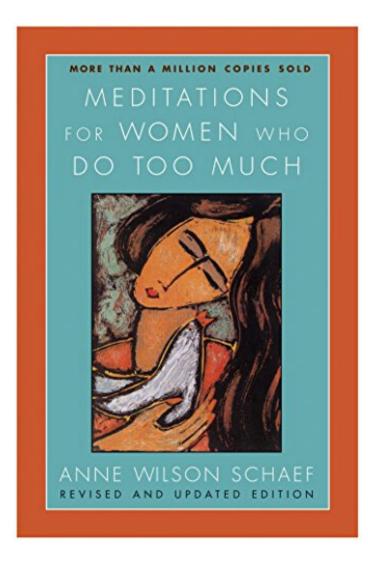
KUPERARD

PUBLISHERS



Author Anne Wilson Schaef
ISBN 9780060736248
Publisher HarperOne
Format Paperback • 400pp
RRP £14.99

Meditations for women who do too much

Many of today's women are overextended - addicted to working, rushing, busying themselves to death. This book of 365 meditations (presented in the classic pocketsized meditation format) will help women break that cycle. Schaef's pithy meditations open new ways of living. The conclusions are sometimes funny, sometimes poignant, but always thoughtprovoking for all women who do too much - whether at home, at the office, wherever they work - Schaef offers inspiration, humour and a possibility for change.

Genres:

Self-help, Popular Psychology

Order directly from the distributor:

email: nbni.orders@ingramcontent.com Phone: +44 (0) 1752 202301







www.kuperard.co.uk



@kuperardpub



+44 (0) 208 446 2440



office@kuperard.co.uk