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Meditations for women who do too much

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

Genres:

Self-help , Popular Psychology

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