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Superwoman's Guide to Super Fulfillment: Step-By-Step Strategies to Create Work-Life Balance (Paperback)

By Jaime Kulaga

Keras Llc, United States, 2015. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Let's admit it being a SuperWoman is not as glorious as the cartoons make it seem. Juggling a career, relationship, family, housework, grocery shopping, planning, and paying the bills is anything but a cape and perfect makeup. Living a balanced and fulfilled life, where you can work, care for your family, and give to yourself, isn't easy. It takes time, self-awareness, and, most of all, strategies that really work. The SuperWoman's Guide to Super Fulfillment is the essential quick-start guide to getting your life back on track. Filled with examples, tips, and tools that are realistic and easy to implement, nationally known mental health expert Dr. Jaime Kulaga shows you step-by-step how to Identify your top life roles and prioritize what really matters Say no and take care of yourself without feeling guilty Create a plan to work through the barriers to your personal fulfillment Set smart goals, track your success, and reach out for support Boost your confidence to meet challenges and make healthy choices Reframe your past to work for you in the present This fun,...



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