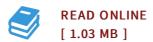




# Superwoman s Guide to Super Fulfillment: Step-By-Step Strategies to Create Work-Life Balance (Paperback)

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,...



#### Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

## Other PDFs



#### Dude, That's Rude!: (Get Some Manners) (Paperback)

Free Spirit Publishing Inc.,U.S., United States, 2007. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Kids today need manners more than ever, and Dude, That's Rude! makes it fun and easy to get some. Full-color...



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



## Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Merry Xmas! Your kid will love this adorable Christmas book with a lot of interesting tales and...



#### Jasmine and Mikye's Crazy Love (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*.KINDLE UNLIMITED MEMBERS READ FOR FREE A Fun and Captivating Standalone Threesome Romance Story Meet 19-year old...



### See You Later Procrastinator: Get it Done (Paperback)

Free Spirit Publishing Inc.,U.S., United States, 2009. Paperback. Book Condition: New. 175 x 127 mm. Language: English. Brand New Book. Kids today are notorious for putting things offices easy for homework and chores to take a backseat to playing video...