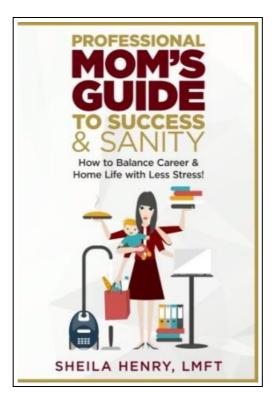
Professional Mom s Guide to Success and Sanity: How to Balance Career and Home Life with Less Stress (Paperback)



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Reviews

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PROFESSIONAL MOM S GUIDE TO SUCCESS AND SANITY: HOW TO BALANCE CAREER AND HOME LIFE WITH LESS STRESS (PAPERBACK)



On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you a professional mom who is Stressed out and overwhelmed because you never have enough time to finish your tasks? Feeling guilty because you re shortchanging your home life because of work? Suffering from feelings of guilt and shame because you aren t a good enough mother? You are not alone. and there is a solution. In this book you will discover scientific, proven, easy-to-learn tools to. Overcome stress and overwhelm End guilt, shame and anger Become a happier, more relaxed mother and career woman Praise for The Professional Mom s Guide to Success Sanity The Professional Mom s Guide to Success Sanity is a thoughtful and useful step-by-step guide for reducing stress and putting you in position to take the actions you want to take. Sheila s writing is both easy to understand and very useful. Is clear how much she cares about her readers. Gene Monterastelli, EFT Practitioner host of the Tapping QA Podcast Sheila Henry has written a book full of heart-felt stories, powerful exercises, and a strong message: that professional women CAN be powerful, successful, and great moms. She doesn t sugar-coat the fact that it s work, but gives a step-by-step approach to support women on their journey. Professional moms who do this work will find it well worth it! Pamela Bruner, author of Tapping into Ultimate Success. Here is a powerhouse book of tips, tactics and approaches for stress and overwhelm that simply work. A fantastic book. Dale Teplitz, Tapping Guru and EFT Universe Trainer.



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