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Frazzled Hurried Woman!: Your Stress Relief Guide to Thriving. . .Not Merely Surviving (Paperback)

By Rosalie Moscoe

Createspace Independent Publishing Platform, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excellent advice in amazing detail to live productive, interesting lives and remain well. Men should also read this book! Abram Hoffer, MD, PhD Welcome to seekers of stress relief and well-being! Today in North America, millions of women experience frazzled symptoms due to trying to juggle many roles within family, work and community. For the most part the Frazzled Woman is excited by her life, yet there never seems to be enough time to do everything. She is always in a hurry! Does this sound like you? You are capable and involved, but often rushed off your feet to the point of exhaustion. Your moods fluctuate and you agonize over your lack of physical (and emotional) fitness. Every morning, you want to pull the covers over your head and go back to sleep. Upbeat, accurate and orthomolecular. If you think you are too busy to read it, that's why you need it. Andrew W. Saul, PhD If you are rushed, frazzled and live as though you are careening through your days on a high-speed, runaway roller coaster, I'm glad...

Reviews

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