

## Having It All: A Woman s Guide to Health and Success (Paperback)



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## HAVING IT ALL: A WOMAN S GUIDE TO HEALTH AND SUCCESS (PAPERBACK)



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Port Campbell Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dr Linda Friedland s essential guide for busy women. In this practical book, Linda Friedland, a medical doctor and the mother of five children, takes a hard look at the many demands and challenges today s busy woman must face, and offers a way of coping with all these stresses while avoiding burnout. Her Seven Point Plan is a workable approach to managing the stresses of modern existence, offering sensible advice on: \* maximising your physical strength and energy \* establishing what s important \* organising your life \* not allowing time to control you \* filling yourself with enthusiasm, living with meaning \* actively pursuing contentment and satisfaction \* making peace with your life and making your life peaceful Through her plan, Linda Friedland shows women how to integrate all aspects of their lives in a positive way, while maintaining health, achieving peace of mind and living more meaningfully. She offers a way of moving from a state of unease, stress, fatigue and a constant sense of hurry towards a satisfying life filled with energy, and she shows that it is, indeed, possible to juggle successfully. Linda Friedland is a much sought-after health media personality, healthcare professional and public speaker. She also consults on stress management, corporate and women s health issues, is a recognised international conference speaker and a feature writer for health and women s publications and a regular guest on radio and television programmes. She travels internationally and is happily married.



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