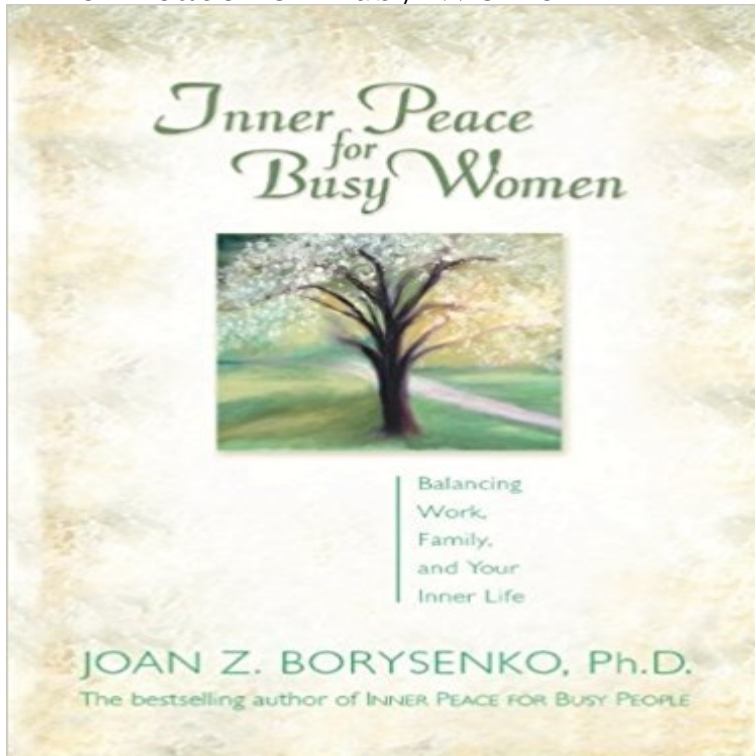


Inner Peace for Busy Women



This is a book about getting real. It tells the truth about busyness and peace in a way that can help us women change our lives. Until quite recently, it was politically incorrect to mention that balancing work and family, while having any time left to nurture our spirit, was a tall order. Only now, when a second generation of women is entering the ranks of the family-work-spirituality jugglers, do we feel secure enough to stop for a minute and say, Wow, this is a hard act to pull off. Sometimes we're tired, stressed out, and in danger of shutting down and losing our hearts. But if we share the truth of our lives, we can find a better way. Inner Peace for Busy Women will show you how to stop resisting your life and start living in the center of the cyclone, where it's always peaceful. Among other things, in this book you'll learn how to say no without feeling guilty, make peace with the past, be peaceful even in circumstances where happiness is not an option, follow your inner guidance, and be a beautiful mother, sister, aunt, daughter, lover, spouse, and friend all by being your best, authentic self.

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