



365 Meditations, Reflections & Restoratives for Women Who Do Too Much Calendar 2006

Anne Wilson Schaef

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A rock of support that women rely on year after year, this perennially bestselling calendar keeps the spirit positive with a daily dose of empathy, smart advice, and healing humor. Learn to identify and draw from the sources of strength that are all around us. Try to let go of resentment and anger. Take a close look at the technology in your life—is it helping or controlling you? Ways to find positive outlets for stress, banish defensiveness, and rediscover monotasking, plus quotes from Maya Angelou, Anaïs Nin, Oprah Winfrey, Dolly Parton, Zora Neale Hurston, and Rosalind Russell.

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