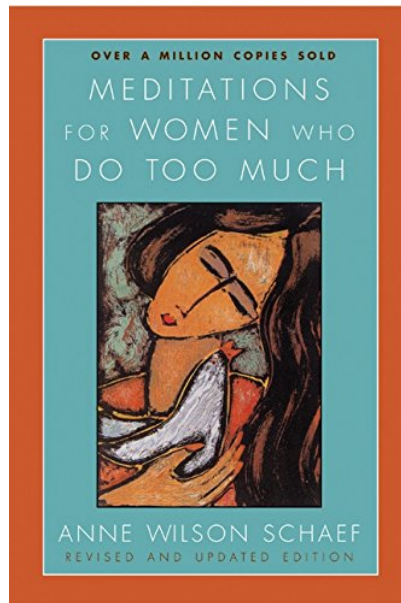


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Step back from the overload—that overwhelming combination of work, chores, caring for children, and meeting everyone's needs but your own—and let the sage advice, warmhearted humor, encouraging reminders, and inspiring thoughts from women around the world help you discover a much-deserved calm amidst the whirlwind of your life. This revised and updated edition of the classic bestseller, with a new introduction by the author, is the perfect gift for yourself or all the workaholics, rushaholics, and careaholics in your life. Millions of women have found daily comfort and sustenance in Schaef's insightful meditations. Meditations for Women Who Do Too Much will make it possible for you to relax, refuel, and, most important, honor yourself and all that you do everyday of the year.

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