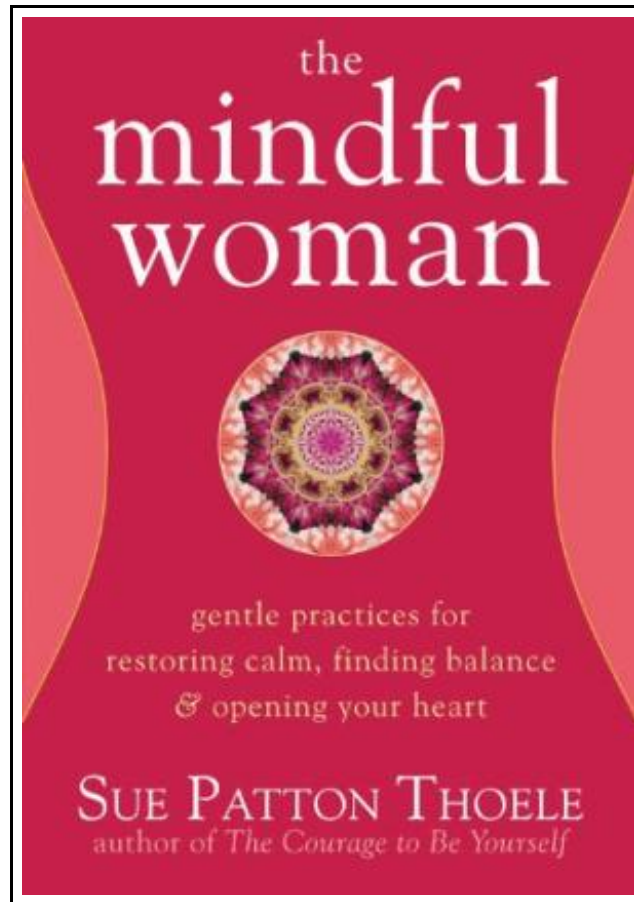


The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart



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THE MINDFUL WOMAN: GENTLE PRACTICES FOR RESTORING CALM, FINDING BALANCE, AND OPENING YOUR HEART

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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart, Sue Patton Thoele, Women are overwhelmingly responsible for childcare, housework, maintaining primary relationships and larger-family responsibilities, and keeping their families healthy and running smoothly. And most women today are employed outside the home, despite the fact that their considerable household and caretaker responsibilities have not gone away - or even been reduced. Statistics show that employed mothers in 2003 spent an average of twelve hours more a week on child care than stay-at-home mothers did in 1975, and that women work an average of 43.5 paid and unpaid hours now at all jobs, compared with 39 hours in 1977. In addition, a growing number of women in the so-called 'sandwich generation' between the ages of forty-four and fifty-nine, find themselves caring for both their ageing parents and their young children or adolescents. In this compact and engaging book, Sue Patton Thoele presents accessible and easy tips for the woman who is neglecting herself in order to care for her loved ones. Using techniques based on mindfulness, meditation, yoga, and positive psychology principles, the author provides the busy, overworked woman with simple, enjoyable ways to restore balance, calm, and harmony in her life, giving her renewed vitality and joy in all aspects of her life.



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