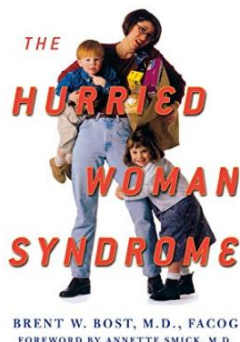


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# THE HURRIED WOMAN SYNDROME: SEVEN STEPS TO GETTING YOUR LIFE BACK

Seven Steps to Getting Your Life Back



McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Hurried Woman Syndrome: Seven Steps to Getting Your Life Back, Brent W. Bost, Stop the chaos of your life and start being happy Do you feel stressed out much of the time? Is there always someplace you're running to? Do you feel like you never have any time for yourself? Is there a constant stream of "to do" lists running through your mind, particularly when you're trying to sleep?...

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- Authored by Brent W. Bost
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