

How To Deal with Doing It All

Are you **Overworked? Over Scheduled?**
Underappreciated?

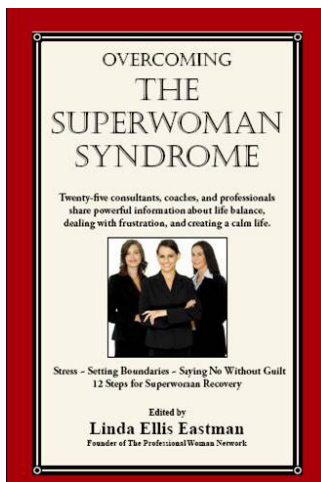
YOU NEED TO STOP BY.

30-minute Workshop Presentation:

- Taking Stress Inventory
- Saying No Without Guilt
- Taking time for Yourself
- Overcoming Perfectionism

Book Signing at

BARNES & NOBLE



Barnes & Noble has announced special *Workshop Event* and *Book Signing* on May 2nd from 7:30-8:30pm at 200 West Route 70 in Marlton. Event is open to general public and welcomes all moms, sisters, **teachers & education givers** to take advantage. Immediately following discussion stay for book signing with speaker's recent international book release entitled Overcoming the SuperWoman Syndrome (ISBN# 0979115361).



Sandy Spadaro

Get your copy signed by contributing author,
Barnes & Noble * Route 70 * Marlton

Friday MAY 2nd

7:30-8:30pm