EMOTIONAL WELLNESS FOR WOMEN VOLUME II

Twenty-five coaches, consultants, and professionals share powerful tips about increasing your self-worth, embracing joy, and relationships.



Overcoming the Need to Be Perfect ~ Recovering From Loss Learning to Love Yourself Again ~ Living a Healthier Life Charting Your Life Path ~ Sink or Swim: Emotional Survival

> Edited by Linda Ellis Eastman

Founder of The Professional Woman Network