

EMOTIONAL WELLNESS FOR WOMEN VOLUME III

Twenty five coaches, consultants, and professionals share powerful tips about self-discovery, overcoming shame, and developing a positive self-image.



**Personal Spirituality ~ Self-Discovery ~ The Food-Mood Connection
Dealing with Death, Grief & Loss ~ Unmask: Becoming Real
Self-Forgiveness ~ 15 Ways to Pamper Yourself ~ Surviving Your Past**

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