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by Helene Lerner : **Time for Me: A Burst of Energy for Busy Women**

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PDF-aa49d | Women are notorious for taking care of everyone else first, exhausting themselves and losing their spark in the process. The story of this dilemma, and how one Ms. Owl found her way to renewal and vitality, will inspire working women to put themselves first from time to time and give them a shot of much-needed energy. Ms. Owl is a working mom with a good job, a husband and son she loves and a comfo... *Time for Me: A Burst of Energy for Busy Women*

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