



S.O.S! Success Over Stress for the Modern Day (Anti-Aging) Mom in Motion!: Plus the Motivating Makeover Manual

By Philippe Shock Matthews

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.When was the last time you took selfish time for you to relax, refresh and rejuvenate? This book is exclusively written for Black Women who are Super Women that need to learn how to relax and release the pressure of being high functioning in the world. Featuring exclusive interviews with former Essence Magazine Editor, Susan L. Taylor, Terrie Williams, Superstar, Gladys Knight, Sex Therapists, Dr. Gwendolyn Goldsby Grant and more! Ladies, do not let stress ruin your life. Admittedly, it is a part of life, but it shouldn't dominate your existence. No matter how stressful life can be, there are always ways to reduce stress and all of these are shared in Success Over Stress. What makes this book different from all the other stress management books for women out there is the approach. The book focuses on calming the inner and beautifying the outer. Having both the inner and outer aspects of your life in perfect harmony makes you deal with life's challenges a whole lot better, and this book will teach you just how....



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