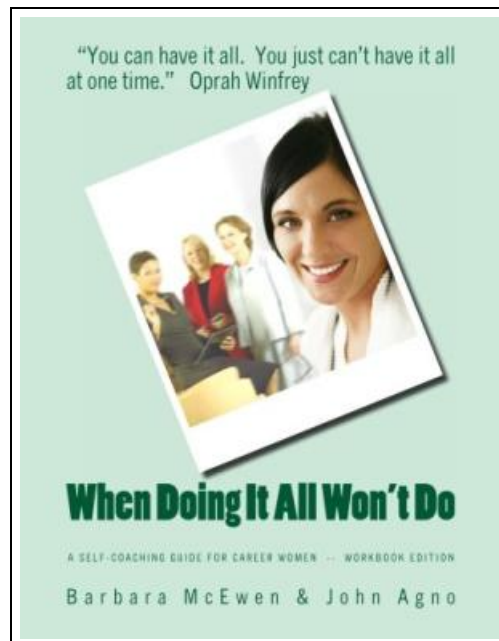


## When Doing It All Wont Do: A Self-Coaching Guide for Career Women-- Workbook Edition



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Coached to Success. Paperback. Condition: New. 224 pages. Dimensions: 10.9in. x 8.4in. x 0.6in. This book deserves to be read by all women who strive to achieve fulfillment in both their personal and professional lives. The authors deftly examine the reasons behind why so many articulate and well-educated women today feel overwhelmed and underappreciated. It is hardly news that, despite the feminine revolution that began in the 1970s, the majority of women have not found the enjoyment, lifestyle or satisfaction they once imagined. The reason they attribute to their problem is that they have taken on too much! But, that is just the tip of the iceberg. Career women, in particular, have come to believe it is their lot in life to be running on 8 cylinders day in and day out. Women are dancing to a frenzied beat, believing just because they can, they think they should. They have been taught if they are capable of doing something it shouldn't be necessary to look for help. This has led women to become frustrated by experiencing long days and nightmarish schedules. Women are exhausted. Authors Barb McEwen and John Agno are North America's top coaches of Executive Women. They not only challenge women to get their supports in place, but to make the right choices so their health, family life, careers and relationships are not undermined. Fortunately they also give you the tools to do so. As you embrace these concepts and become a more effective leader, you'll learn how you can negotiate what you want and fine tune your time management skills. Since each of us has been given the gift of choice and the power to act, you are encouraged to take the time to complete a variety of workbook exercises which will help to determine your passions, purpose,...

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