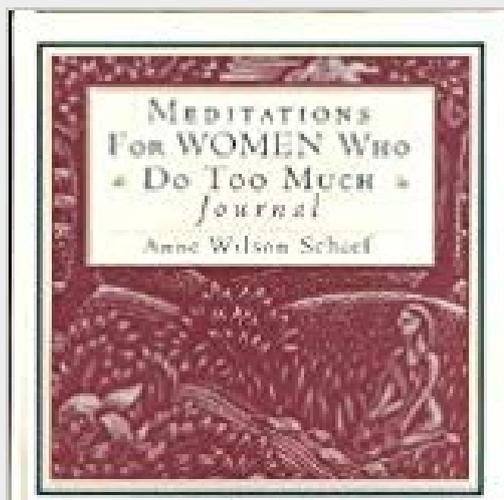


## **Meditations for Women Who Do Too Much Journal** by Anne Wilson Schaefer



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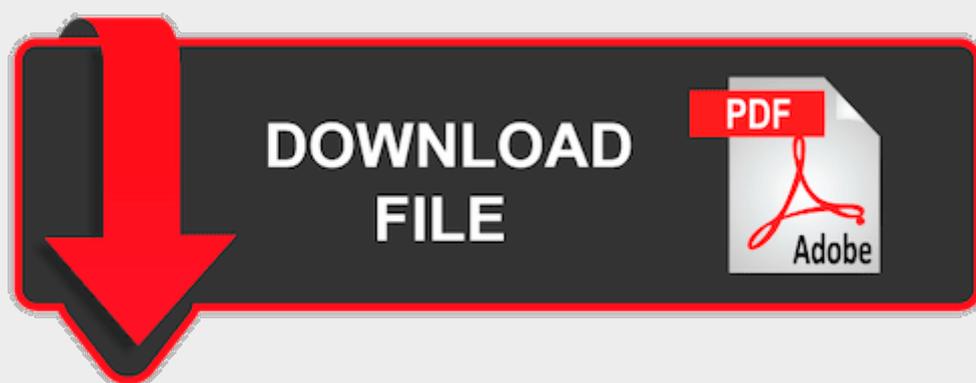
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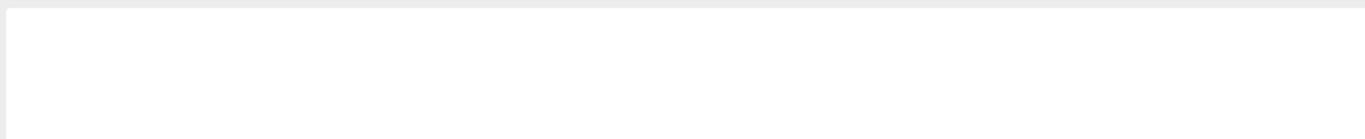
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The journal version of the popular inspirational book provides women with daily meditations and ample space to record personal thoughts and reflections. By the author of *Meditations for Women Who Do Too Much*.



## Reviews of the **Meditations for Women Who Do Too Much Journal** by Anne Wilson Schaefer



### 1. Flocton

So, I usually don't write reviews of anything, but I wanted to write something this time mainly because of what this book has already done for me (and I just got it this afternoon). For most of my life, I've been an anxious person- I take on way too much responsibility even when the responsibility isn't mine to take and I put a lot of pressure on myself to be "perfect". Recently though, I've started working on it with a therapist because my phobias started getting a little out of control and she recommended that I try out this book. Because I'm sure so many other women out there have more responsibilities than I do (I'm 23 and I live with my parents though I work full time), I was a little hesitant to try it, but I'm so glad I did. Honestly, there's not much that keeps me calm anymore, but from the second I opened this book, I felt a little less of the pressure that's become normal for me. Even though I usually don't do this sort of thing, especially with something so deeply personal, I wanted to say a huge thank you to this author (if she ever sees it). I'm an aspiring novelist and I know how much it means to me when someone says my writing has touched them. So thank you so much for putting this book together- I already know that it's going to help me beat my anxiety!

### 2. Axebourne

If the title gets your attention, you probably should get it. I need to be reminded that no matter how much I do, the world is not going to be a better place unless I relax. The illusion of ambition and "success" can be a powerful drug. This is a good primer for people who can't sleep because they are too wound up, who have had walking pneumonia, who are workaholics or exist only for their kids. Balance, humor, self care are emphasized.

### 3. breakingthesystem

Daily meditations are right on with what I need help with everyday. I

gifted this book to many freinds who share the same or similiar issues and need help with gaining awareness of problems, guidance and direction.

#### 4. Arashigore

I bought this book for myself when I was feeling frazzled by all the demands of everyday life. Although I worried I was just giving myself yet another task to squeeze into the day, I have really enjoyed this book!!! Each page is a different day of the year with a different thought. The day's page only takes a minute to read, and it is always uplifting and encouraging. It really helps put everything back into perspective and shift your focus back to you.

I've purchased this for several friends, and they have likewise enjoyed it. Highly recommend for any busy women looking to regain a little perspective.

#### 5. Akinonris

I am an over-producing, stressed-out Mom and business owner. And I found I was taking out my stress on the people that deserve it least--my family and me. I needed to change for all of us. I received this as a gift a long time ago, and just didn't get around to opening it. Then for the new decade I decided to make time for myself (nearly) everyday to get on my yoga mat, or any quiet spot, and take a few minutes to listen to my mind and body.

On January 1st I opened to the first entry. Almost every entry gives me pause, and I think about what i throughout the day. The meditations bring me into a calm place, and make me be very honest with myself. Sometimes so honest I know I am not ready for it and I hope next year when I re-read it I will be ready to that honest and forward.

Very, very good book. I am learning to talk from my heart space.

6. Rleillin

I was reading one of these each night and I appreciated the writing and the messages. Some made me think about how fast paced I get sometimes.

7. Mave

I've had this book for 13 years and I try to read it everyday. Each year I find new things that speak to me and I underline them in different colors. As I age I find something new - I've given several friends this book and they, too, love it and read it daily.

8. Very good book. Look forward to reading it each day. Good daily meditations and written well.

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