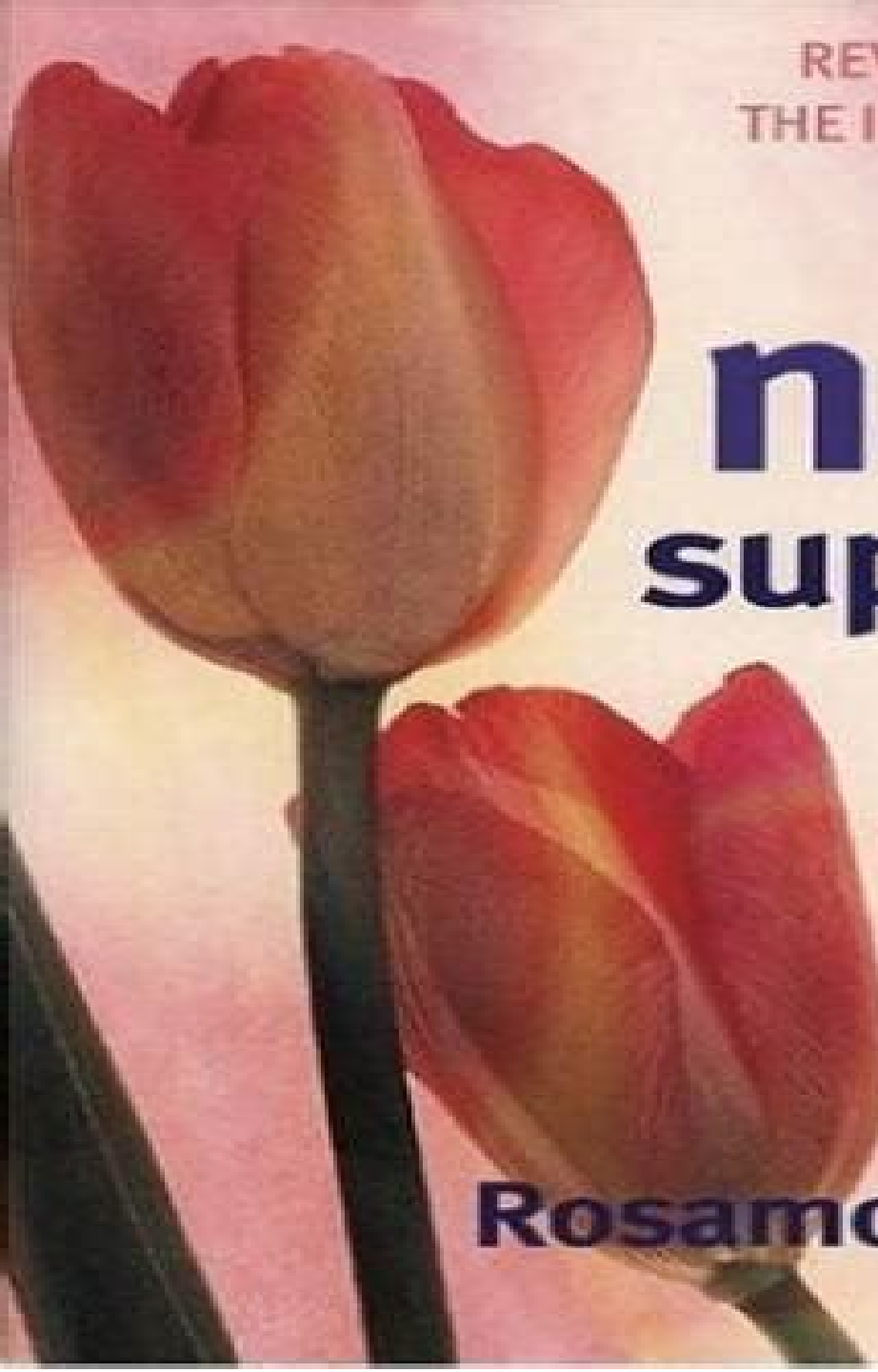




REVISED & UPDATED EDITION OF
THE INTERNATIONAL SUPERSELLER

natural superwoman

the survival guide
for women who have
too much to do

Rosamond Richardson

Natural Superwoman The Survival Guide For Women Who Have Too Much To Do

R Sandford



Natural Superwoman The Survival Guide For Women Who Have Too Much To Do:

Natural Superwoman Rosamond Richardson,2003 Balancing home work and relationships stress guide eating naturally and beauty care **Natural Superwoman** Rosamond Richardson,2006-09 Based on a belief that good health exercise and an organized and happy home are fundamental to being able to face the daily pressures of life this book presents 50 ideas for relieving stress They encompass yoga relaxation and beauty care *Today's Black Woman* ,2001 **Books In Print** **2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 *The Publishers Weekly* ,2000 **The Superwoman's Survival Guide** Ky Furneaux,2014-03-04 Just when you think you have everything under control a situation presents itself that you couldn't have foreseen or prepared for That's life It's how you choose to react to the situation that defines you We have all heard the phrase expect the unexpected The unexpected can range from a broken high heel on your way to an important meeting to having to fashion a waterproof shelter in the middle of a downpour From her years as an A list Hollywood stuntwoman and expert survivalist Ky Furneaux is no stranger to the unexpected and her tude has been key to her survival and thriving success In *The Superwoman's Survival Guide* Ky draws upon her career of risking life and limb in extreme situations to inspire and empower women in whatever situation they may find themselves whether it's on a city street or out in the wilderness Throughout the book Ky explains the power of brain versus brawn and how a cool headed woman is often more effective in a complicated situation than a big guy with a gun Ky's guide is a collection of essential life advice combined with tricks lessons facts and anecdotes that can help women get over their fear and panic *The Superwoman's Survival Guide* shows women how to adopt a fearless attitude that can help them through all life experiences It will empower women to feel confident and prepared so that they know what to do when all hell breaks loose **New Statesman** ,2004 *The British National Bibliography* Arthur James Wells,2004 *Library Journal* ,2000 *New Books on Women and Feminism* ,2003

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