



The Fringe Hours: Making Time for You

By Jessica N Turner

Fleming H. Revell Company, United States, 2015. Paperback.
Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. Every woman has had this experience: you get to the end of the day and realize you did nothing for you. And if you go days, weeks, or even months in this cycle, you begin to feel like you have lost a bit of yourself. While life is busy with a litany of must-dos--work, parenting, keeping house, grocery shopping, laundry and on and on--women do not have to push their own needs aside. Yet this is often what happens. There s just no time, right? Wrong. In this practical and liberating book, Jessica Turner empowers women to take back pockets of time they already have in their day in order to practice self-care and do the things they love. Turner uses her own experiences and those of women across the country to teach readers how to balance their many responsibilities while still taking time to invest in themselves. She also addresses barriers to this lifestyle, such as comparison and guilt, and demonstrates how eliminating these feelings and making changes to one s schedule will make the reader a better...



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Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehended every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- **Arianna Witting**

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- **Crystel Hagenes**