



The Woman's Retreat Book: A Guide to Restoring, Rediscovering and Reawakening Your True Self -- In a Moment, An Hour, Or a Weekend

Jennifer Louden

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A Do-It-Yourself Retreat Book from the Author of **The Woman's Comfort Book**

Do you yearn for time to rest, dream, listen, grieve, celebrate, stretch, or just be? Then you -- like most women today -- need to retreat: to make time to get away from it all and reconnect with yourself. With the wit, humor, and style that have made her Comfort Book series so popular, comfort queen and modern-day pioneer of women's well-being Jennifer Louden offers a practical and inspirational handbook -- the first to focus on the needs and stresses of women -- that walks you step-by-step through planning and savoring a self-led retreat. Easy-to-do practices and encouraging insights help you:

- Find the time to retreat whenever and wherever you are
- Decide whether to retreat at home or away, solo or with others
- Separate from daily concerns
- Counter fear, guilt, and boredom
- Reenter ordinary life renewed

A wise and useful sourcebook of ideas and inspiration, **The Woman's Retreat Book** can be turned to again and again, whenever you feel the need to retreat.



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Patricia Bush:

The guide with title The Woman's Retreat Book: A Guide to Restoring, Rediscovering and Reawakening Your True Self --In a Moment, An Hour, Or a Weekend has lot of information that you can find out it. You can get a lot of advantage after read this book. This specific book exist new understanding the information that exist in this guide represented the condition of the world at this point. That is important to you to learn how the improvement of the world. That book will bring you inside new era of the internationalization. You can read the e-book on your own smart phone, so you can read it anywhere you want.

Lynn Kelley:

Playing with family in the park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The Woman's Retreat Book: A Guide to Restoring, Rediscovering and Reawakening Your True Self --In a Moment, An Hour, Or a Weekend, you are able to enjoy both. It is fine combination right, you still need to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't have it, oh come on its identified as reading friends.

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