

The Busy Womans Guide To A Balanced Life

The Busy Woman's Guide to a Balanced Life

The Busy Women's Guide to Healthy Living

The Busy Woman's Guide to Faith: Moving Beyond Busy To Affirm The Life God Created For You

The Extremely Busy Woman's Guide to Self-Care

The Busy Woman's Guide to Total Fitness

Healthy Habits

The Busy Woman's Guide to Losing Weight and Making Money

The Busy Woman's Guide to Holistic Health and Wellness

Whatever Works for You

The Busy Woman's Guide to High Energy Happiness

The Busy Woman's Guide to Create the Life you Want

The Frantic Woman's Guide to Life

The Busy Woman's Guide to Murder

The Busy Woman's Guide to Healthy Eating

NIV, Military Wives' New Testament With Psalms and Proverbs

The Busy Woman's Guide to Holistic Health & Wellness

A Busy Woman's Guide to Prayer

Blessing Your Husband

Real Women Scrap

Life Management for Busy Women

The Balanced Life: Health and Wellness Coaching for Busy Women

Busy Woman's Cookbook

The Busy Woman's Guide to the Body and Energy You Desire

A Matter Of Destiny

The Busy Person's Guide to Balance and Boundaries

Nourish, Eat, Repeat

SuperPowers

Finding the Deep River Within

On Purpose

Take Back Your Time

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What is the The Busy Womans Guide To A Balanced Life?

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2020-05-12 Tamika S.

Washington As women, we often deal with a full plate all while yearning for a simple, balanced life. We find ourselves giving up time to manage our homes, jobs, businesses, and community with little time to focus on what matters the most. Yes, every aspect of your life is important but nothing matters more than our relationship with God. With Him, all things are possible, even living a healthy balanced spiritual and natural life. THE BUSY WOMAN'S GUIDE TO FAITH was created with you in mind to help you affirm God's plan over your life all while building your faith. Let's make the most of our time by taking control of how we spend our time.

2007-12-01 Laurette Willis

Laurette Willis, creator of the PraiseMoves™ DVD, offers a plan that will help women incorporate "Total Fitness" into their busy schedules by blending the spiritual and physical areas of their lives. When asked what three of the most important things in life are, many Christian women say God, family, and health. Unfortunately, most women don't think of their health until there is a problem. And they also may go for weeks without investing quality time in their relationship with the Lord until faced with a challenge or the realization that they feel empty inside. In The Busy Woman's Guide to Total Fitness, readers will learn how to "strengthen their bodies and spirits in 20-minutes-a-day" with: quick and

easy nutrition tips energizing 20-minute workouts prayer, meditation, and journaling suggestions fitness for the spirit, soul, and body a 21 Days to Total Fitness program

2023-12-30 Sharon L. Cooper-

Jones In the whirlwind of today's fast-paced and demanding world, where the pursuit of success often takes precedence over our well-being, it becomes imperative to pause, reflect, and seek a harmonious balance between our personal and professional lives. This preface marks the beginning of a journey—one that transcends age, gender, relationship status, and professional roles—a journey into the realm of health and wellness coaching. For entrepreneurs navigating the challenges of business, women and men striving to make their mark, singles and married individuals juggling multiple responsibilities, and individuals of all ages grappling with the pressures of life, the pages that follow offer a beacon of hope and guidance. It is a recognition that, amid the hustle and bustle, we often neglect our own well-being, the cornerstone of a truly successful and fulfilling life. Within these chapters, we explore the transformative potential of health and wellness coaching—a key that can unlock the door to a more balanced and satisfying existence. Through insights, strategies, and practical wisdom, we delve into the ways in which this coaching can empower individuals from all walks of life to navigate the

challenges, prioritize self-care, and embark on a journey towards holistic well-being. As we embark on this exploration, let these pages serve as a reminder that investing in our health and wellness is not a luxury but a necessity.

Regardless of where you find yourself in the tapestry of life, the principles shared herein are tailored to resonate with the diverse facets of your existence. May this journey inspire you to reclaim control over your well-being, fostering a life that is not only successful by external standards but also deeply fulfilling and balanced from within.

2016-09-10 Tracey Vlahos If

you are like many Americans, you've spent a good portion of the years of your adult life doing many unhealthy things. Not on purpose, of course. The demands of modern life - relentless careers, family obligations, social and volunteer commitments - all the things that keep us running from one task to the next virtually ensure that we put "making healthy choices" near the bottom of our to-do lists. And why wouldn't we put it there? In a society where immediate results and streamlined efficiencies are king and queen, taking the time to make healthy choices seems downright, well - inefficient! We are under the impression that exercising, eating well, and cooking simply take too much time. The good news is that you don't need to make a drastic change in your lifestyle to begin to make a profound difference in your health and

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your life starting today. In fact, if you just make one small change each day over the next five days, you'll be amazed how far those changes can take you in a very period of short time. While no one eating plan works for everyone, there is one thing that's pretty much true across the board. Replace all that convenience in your life with authentic, rich, meaningful and joyful experiences - including real food, purposeful movement, joy in your work, and relating - and not only will you be healthier in your body, but your efficient existence will be transformed into a rewarding, vibrant life across the board. Let me show you how.

2018-08-30 Adita Yrizarry-Lang SuperPowers: The Busy Woman's Guide to Health & Happiness perceptively written by fitness and wellness expert Adita Yrizarry-Lang, is an incredibly down to earth, DIY, self-help guide that will give you the 'super boost' you need to shift your life from blah to bliss once and for all. We, as women, think of it as a 'woman's dilemma'-constantly juggling career, home, family, kids, personal needs and wants for priority on our daily to do lists. It's a societal issue and there will never be enough time, ever unless we make it and take it!

2013-03-05 Zondervan, When your husband serves in the military, you're required to sacrifice as well, adding a level of strain to everyday life that most people can't understand. Frequent moves, unpredictable

schedules, extended deployments, reintegration—and, in some cases, caregiving—all make a military spouse like you hungry for the stability and peace found in God's Word. This special New Testament with Psalms and Proverbs is designed to address your unique needs, hopes, fears, struggles, and insecurities. And since no one can speak to you as you journey through this unique situation like someone who has gone through it, this New Testament with Psalms and Proverbs includes 90 special devotions written by military wives and edited by Jocelyn Greene, a former military wife who actively ministers to women in your situation. Let her words of help and hope, alongside God's Word, encourage you as you serve our country in your own way. Features: • 90 devotions written by military wives, for military wives that provide hope, encouragement, and spiritual growth • Preface from Jocelyn Green • Scripture from the New International Version • Topical Index and other study helps

2021-10-26 Tanya Dalton Are you caught up in the chaotic rush of your calendar? Have you found the time to check in with yourself lately? In On Purpose, bestselling author and productivity expert Tanya Dalton helps you carve out time to pause, take a step back from your busy schedule, ask yourself the hard questions, and reflect on how you really feel. Tanya teaches us that by getting to know ourselves

better, we can finally start living our lives on purpose. This shift isn't about changing who you are--it's about rising up and becoming the best version of you, adjusting your mindset so you can discover what drives your daily choices, and finding the unhurried purpose that's hidden in each day when you stay true to yourself. On Purpose gives you the tools and the encouragement you need to ask and answer your own deepest questions. Combining cutting-edge research and thought-provoking infographics with candid stories from her own journey, Tanya leads you through innovative exercises designed to help you better understand how to: Create a map to your ideal future Move through life with confidence Discover the simple shifts that turn unexpected obstacles into opportunities Unpack the common lies we tell ourselves Live a more fulfilling life Joy and happiness deserve to have a seat at the table and it's time to pull up a chair for them. If you're ready to start running your life instead of feeling like your life is running you, it's time to live your life On Purpose. Praise for On Purpose: "On Purpose is a must-read for anyone seeking to find success on their own terms. Tanya Dalton gives you the easy-to-follow actionable guide you've been searching for to take ownership of your life, make intentional choices, and fill your soul with what matters most to you." --Lisa Hufford, author of Work Your Way and CEO of Simplicity Consulting

2022-09 Cindy Rand Long
before women across the globe were given a welcomed voice to speak, they were busy! Consistently giving, creating, and nurturing from the bedroom to the boardroom. Now more than ever, today's busy woman is in need of solid instructions on how to balance the nuances of each day without losing her personal identity in the midst of it. Volume one of *The Busy Woman's Guide to Holistic Health and Wellness* will highlight simple, yet efficient steps on how you can make changes to your surroundings to ignite your power as a valued woman equipped to care for self. In this guide you will learn how to: Use your daily organized chaos to your advantage? Redefine your personal mission to ignite fire behind your purpose? Nurture your dreams and send your passion projects into overdrive? Use your girl-power to unlock a wealth of opportunities and resources? Quickly make time for your self-care no matter where you are - unapologetically Ready to get started? Wellness is a journey, so order your copy of *The Busy Woman's Guide to Holistic Health & Wellness*, and let's take this journey together!

2021-09-14 Christy Wright It's not about doing more. IT'S ABOUT DOING WHAT MATTERS. As a busy mom with three young kids and a career, #1 national bestselling author Christy Wright knows what it's like to try to do it all and be stretched too thin. After years

of running on empty, she realized she had to do something different. It wasn't just a matter of saying no to a few things. She had to figure out why she felt overwhelmed, overcommitted, and out of balance. Here's what she discovered: Life balance isn't something you do. It's something you feel. The great news is you can feel balanced — even in your busy life. In *Take Back Your Time*, Christy redefines what balance is and reveals the clear path to actually achieve it. You'll learn how to: Identify what balance looks like in your unique situation and season. Find confidence in the choices that are right for you. Feel peace even during chaotic times. Learn how to be present for your life and actually enjoy it! You weren't created to live busy and burnt out, unhappy and unfulfilled. You shouldn't be haunted by some elusive idea of balancing it all. There's more for you right now. Today. And it starts with taking back your time the guilt-free way.

2011-10-14 Debra Evans In *Blessing Your Husband*, Debra Evans brings wise scriptural insights and true stories of the amazing transformations that can happen when a wife chooses to make blessing her husband a priority. By understanding her husband's unique characteristics, how he thinks, and what matters most to him, a wife can learn how to affirm her husband and develop a more satisfying marriage.

2007-09-28 Abby Seixas For over two decades, Abby Seixas

has taught women how to slow down and reclaim their lives from the tyranny of their to-do lists. Based on the experiences of women whose lives have been transformed by her workshops, this highly anticipated first book presents her comprehensive program to nurture contact with the Deep River Within, the soul-nourishing dimension in each of us that flows beneath the busyness of daily life. With gentle encouragement, practical guidance, and compelling stories of struggle and success, *Finding the Deep River Within* details the three preliminary doorways and six core practices for inviting the rich resources of our deeper nature into everyday life.

2013-12-18 Betty Hill Crowson Have you become so busy that you feel light-years away from the essence of your own true self and from what really matters? If so, *The Busy Person's Guide to Balance and Boundaries* was written for you. The first in a series of three, *The Busy Person's Guide to Inner Healing* and *The Busy Person's Guide to Joy and Fulfillment* will follow. But getting our feet back under us is where we must begin. This book leads the way by providing a clear, efficient, and effective pathway for establishing boundaries and recovering physical, emotional, and spiritual energy. At the same time, its workbook format guides us easily through a process of improving and deepening relationships, with ourselves, others, and a Higher Consciousness with which we

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yearn to connect. Based on years of working with individuals, couples, and groups, and expertise in the areas of spirituality, psychology, and recovery principles, the wisdom imparted simply and honestly throughout these pages is nothing short of profound. Betty Hill Crowson has given us a roadmap to recover our true selves at our own pace, empowering us to make the giant leap from human "doing" to a happier, and infinitely more content, human being.

2014 Louise Thompson Do you find yourself saying 'I am so tired' all the time? Does life feel like a grind some days? Do you want to have a fuller, happier, more vital life? If you answered 'yes' to any of these questions, this book is for you. In this hands-on-guide, New Zealand life coach Louise Thompson shares her secrets for achieving wellness, balance and fulfilment in this fast-paced world. A former corporate executive, Louise was once bedridden with extreme fatigue - but now she has energy to burn! She has written this book so that you, too, can be buzzing with energy and create a life you love. With Louise's practical tips, exercises, worksheets and with real-life stories from clients, you'll be inspired to take control of your life and lead a more energetic and rewarding existence. You can have the life you want. This book gives you the tools you need to make positive changes . . . today! Also available as an eBook with audio

2005-09-29 Cheri Fuller Readers will experience the power of having a vibrant life of prayer and relationship with God and discover the creative ideas to weave prayer into the fabric of their day.

2022-09 Cindy Rand The Busy Woman's Guide is for the singletons, supermoms, grandmoms, entrepreneurs, executives, caregivers, the grocery store worker, housekeeper, adult student, and/or the lady next door that you rarely see anymore (you get the picture)...

2012-09-24 Deborah McVay-McKinney Whatever Works for You: A Working Woman's Guide to Surviving a Busy Life While Maintaining Peace is a semi-autobiographical view into author Deborah McVay-McKinney's busy life. She offers guidance for the working woman who seeks balance while accomplishing everything on her to-do list and maintaining a career, home, and family. Filled with organizational tips and advice-and dotted with humor and history-this entertaining how-to reference manual reveals that living a successful, balanced life is simpler than people realize. In these busy, stressful times, people want to feel like they have a life beyond work as well as good ideas to help them accomplish this goal. The author cites many different types of women who inspire her thoughts on surviving in today's world. When they are overwhelmed, overcommitted, faced with uncertainties, and just plain stressed-as many of

these women are on a daily basis-their strength comes from knowing they are not alone. The common thread in each of their lives is a strong sense of faith. Planning a vacation, managing the holiday season, accomplishing weekly chores, and sorting the paper piles are explained in easy to follow steps, along with checklists and planning pages, to gain an organized, stress-free life. In Whatever Works for You, McVay-McKinney encourages readers to find personal time, gain a renewed sense of value, and depend more upon faith to achieve a balanced, peaceful life.

1997 Ramona C. Tucker Here are quick and easy tips for managing the 10 most important areas of a woman's life: family, finances, friendship, health, hospitality, marriage, self, singles, spiritual life, and work.

2014 Kate Toholka "There's a difference between busyness and productiveness. One that I believe has its base in our wellbeing. Knowing your purpose may be the first step, but taking charge of your whole wellbeing is going to do wonders for your productivity. Plus, we may find that being more productive makes us less busy. Wouldn't that be a miracle?" - Lisa Messenger, Editor In Chief Renegade Collective Busyness is a fad. A fad that doesn't do a whole lot of good for our health. With women juggling numerous roles and demanding tasks, it's no surprise that we are seeing a rise of stress-related

illnesses. This book explores the eight key areas that need to be addressed to reduce your chance of developing serious lifestyle diseases. *Healthy Habits* aims to redefine your relationship with stress so that you ultimately become more productive with your time. When we enable our minds and bodies to function at their absolute best through healthy habits, we demand less mental energy and attention towards them. They simply become our second nature, freeing up our (extra!) energy to use towards chasing our dreams and successes. Learn how to create the foundations to your lasting healthy habits and employ simple but effective strategies into your daily routine to create a productive, healthier and happier life.

2013-04-04 Karen Fernandez
 Karen's quick and easy-to-follow guide is for the busy woman who wants more positive relationships, weight loss, and more money. She received her wakeup call when she found herself at the lowest point of her life during her divorce. Everything in Karen's life seemed to be in a mess, namely her relationships, weight, and money. Karen thought that surely life was not meant to be so difficult. So she started to search for some answers to her questions such as: • Why do I attract the same type of relationships? • How do I attract positive relationships? • How do I lose weight and keep it off? • How can I have more money and support my children? • How can I live the type of lifestyle I want to lead?

• How can I be HAPPIER?
 Karen read a variety of books, and each author helped her to fine tune her life-changing strategies. She found out through personal trial and error what worked and what did not work to improve her relationships, weight, and money. When Karen looked around, she saw that many of her friends had to deal with similar issues. In fact, many women were struggling to deal with their relationships, weight, and money. Karen started to help other women and found the experience was extremely rewarding. So she then decided to write this book so she could draw from her own experience to help more people. Karen details the strategies she has learnt to help lead a happier life. She knows how busy women are, so she has written an easy, step-by-step guidebook which will show you the strategies to make positive changes in your life.

2006-10-10 Joanne B. Parrotta
A Matter of Destiny is for all those who have experienced disappointment in love and wondered if they will ever find happiness in relationships. It is written for single men and women who are beginning to realize that there must be something more to love relationships than what they have been experiencing. Joanne B. Parrotta will reveal how you can make the dream of finding your soulmate a reality. You will learn about the different kinds of soulmate relationships. Through real stories of everyday people, she will show

you how, when, and where you can meet your ideal and wonderful soulmate. You will also discover how to resolve dating and love relationship problems you may be experiencing, how to avoid unhealthy relationships and much, much more. This book is not just for people who are looking for spiritual love. It is also for those who have already found it but need help keeping it, as well as for those who may have already met their beloved but do not realize it. Just wishing for a soulmate is not enough. Bringing a loving soulmate into our life demands that we get on the path to our own growth and that we develop relationship skills. The author believes that by working from the inside out we attract a higher quality relationship. How to accomplish this is the focus of this book.

2014-08-01 Elizabeth George
 Elizabeth George—speaker, teacher, and bestselling author of *A Woman After God's Own Heart®*—admits to being a disorganized, goal-less woman when she was in her 20s. Over the decades, the love and patience of God and the transforming power of his Word and Spirit have taught her the life-changing principles she shares here, including how to... live each day God's way take charge of busyness and find a balanced life be a better steward of resources "Just for Today" and "Just for This Week" sections help readers apply and solidify transforming new habits. This unique sourcebook will strike a chord with women hungry to live

orderly lives that are a testimony to their faith.

2023-02-24 McCarthaigh Fit
Are you a busy woman looking to lose weight and achieve a healthier lifestyle? If so, "The Busy Woman's Guide to Healthy Living" is the book for you! In this comprehensive guide, you'll find valuable insights, practical tips, and effective strategies to help busy women like yourself lose weight and create a healthy lifestyle that fits into their hectic schedules. From the importance of planning to healthy eating on the go, making time for exercise, and self-care, this book covers it all. But this isn't just another weight loss book. "The Busy Woman's Guide to Healthy Living" is written in a friendly and approachable tone that will make you feel like you're chatting with a trusted friend. You'll gain a deeper understanding of the mindset needed for success, and learn how to stay motivated and deal with setbacks. The book even includes a step-by-step plan to help you get back on track when life gets in the way. Whether you're a busy working mom, a career woman, or a student, this book will help you create a sustainable and enjoyable healthy lifestyle that works for you. If you're ready to prioritize your health and wellbeing, and achieve your weight loss goals, then "The Busy Woman's Guide to Healthy Living" is the book for you. Get your copy today and start your journey to a healthier and happier you!

Claudia Nieves In this life-changing book Claudia shows you that whatever your life looks like right now - yes whatever! You have the power to manifest a better life. With a dose of humor Claudia guides you through powerful yet easy to follow steps to take control of your life and manifest the life you want and stand out. She helps you to use your energy and time to your advantage, to learn when to say No and why it matters for your relationships and self esteem, to discover your values, decide on your life priorities and by understanding the Source Laws to engage the Source and her infinite power in manifesting your new life. Each chapter is full of experiences and wisdom and time and space for reflecting o your own path. In the last chapter you get a template to craft your own Life Plan and achieve the necessary clarity in manifestation. Claudia uses the Unicorn as a way to inspire you and add some colors to the process. Manifesting is a joyful, colorful and fun experience once you understand and unleash the power you have to create it all.

2002 Emilie Barnes This quick-reading book provides a wealth of highly practical ideas on food selection, preparation and storage, along with a fantastic set of easy and tasty recipes that use whole, natural ingredients. Formerly title The 15-Minute Meal Planner.

2019-12-03 Suzanne Falter Discover the transformative power of self-care! This comprehensive handbook offers

practical strategies and expert advice to help you do less, achieve more, and live the life you truly desire. Optimize your productivity: Learn efficient techniques to manage your time, prioritize tasks, and streamline your daily routines, enabling you to accomplish more with less effort. Cultivate a fulfilling life: Explore strategies for aligning your goals, values, and passions, empowering you to create a life that brings you joy, satisfaction, and a sense of purpose. Tailor self-care to your busy schedule: Gain practical insights on incorporating self-care rituals and practices into your hectic lifestyle, finding moments of tranquility and rejuvenation amidst your demanding responsibilities. Nurture your mind, body, and soul: Explore a variety of self-care techniques, including mindfulness, meditation, exercise, nutrition, sleep, and stress management, equipping you with tools to nourish and replenish every aspect of your being. Overcome guilt and embrace self-compassion: Learn to overcome the guilt associated with taking time for yourself, and develop a mindset of self-compassion that allows you to prioritize your needs without sacrificing your commitments. Create sustainable habits: Acquire expert guidance on building sustainable self-care habits that become an integral part of your daily routine, ensuring long-term well-being and personal growth. The Extremely Busy Woman's Guide to Self-Care is a game-changing resource for any

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woman seeking to reclaim her time, prioritize her well-being, and live a life filled with purpose, accomplishment, and self-fulfillment. This book is perfect if you are looking for: Self-care books for women Self-care gifts for women Self-affirmations for women Stress-management books Practical suggestions for taking care of yourself How to ask for help and set boundaries The road to soothing self-care is right in front of you—all you have to do is say yes to the journey and take the first step.

2000-04-01 Prevention Health Books for Women Will show you how to make meals that are easy, delicious, and healthy, regardless of how much time you have.

2019-09-09 Adrienne Delgado We all have crazy stories to share about life ... you know the ones we can laugh about later, but in the moment feel overwhelming, chaotic, or just plain insane? As a mom of 5 kids, I have the privilege of having a lot of these stories. I decided to take the humor of the moments and turn them into nutrition lessons we all can learn from. Most of my patients know exactly what they should do ... it's the execution part that trips them up. Nourish, Eat, Repeat is a combination of stories from our crazy lives, supplemented with nutrition advice that is simple and practical, yet equally powerful and life-changing. It is a practical guide to help you navigate your way through the challenges of nutrition. This isn't a book about carbs,

proteins, and fats, but rather a collection of tips and tools you can incorporate into your busy lifestyle right now. This is a book about execution. As a mom and business owner, I know life can get chaotic at times. We all have the best intentions of doing the right thing, but sometimes time and energy get the best of us and we end up choosing the convenient road called survival. More times than not, food and health take a back seat to busyness and we are left feeling tired, sluggish, and depleted, both physically and mentally. Be prepared for all of that to change because inside this book, you'll discover: Quick, easy, proven strategies to get your family to eat more vegetables How to take your kids to practice and feed them dinner without visiting the drive-thru Why I make my first graders pack their own lunches (and why you should too) Five vital eating habits that will ensure you never overeat a meal again Why meal planning and cooking on the same night is so hard (but doesn't have to be) How to revise your inner dialogue to evoke positive change Tried and true methods to avoid eating everything in your pantry after the kids go to bed How to eat healthy when traveling Why 10 minutes of movement is all you need to start an exercise habit The power of self-care and why it is a non-negotiable tactic to loving your family well Family-friendly recipes your kids will actually want to eat ... and more Plus, Home Study Resources, including: 36 "Five Star" recipes for you to use

right away (I call them "Five Star Recipes" because 5/5 of my kids enjoy them) 18 quick, easy exercises you can do each week to progress you along the process (each lesson gives you the choice of writing an affirmation, performing an easy action, inciting self-awareness through daily reflection, journaling, or weekly tracking) Label reading cheat sheet you can take with you to the grocery store My proven grocery list template Nourish, Eat, Repeat is a great gift for any busy woman looking to incorporate healthy nutrition principles into her lifestyle. Readers are guaranteed to laugh out loud as they relate to the stories and struggles of raising a family but will resonate with the quick, easy-to-achieve action steps laid out in each lesson. Fans of this book exclaim, "Outstanding, educational, relatable, inspiring, and life-changing. A must-read for anyone looking to take their relationship with food and health to the next level."

2021-09-14 Mary Jane Maffini Winner of the RT Reviewers Choice Award for Best Amateur Sleuth! Professional organizer Charlotte Adams has to clean up a mess from the past to stop a killer in the present . . . Given the number of times she's dialed 911 in a panic, professional organizer Charlotte Adams is more than a little startled when she answers a distress call from the 911 operator herself. Mona's calling to alert her that the "mean girls" who terrorized her in high school are back and

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that she wants to wring their necks. Charlotte writes off the threat as angry exaggeration—until a woman resembling one of the mean girls is killed and Mona goes into hiding. Worried that some lingering trauma from being bullied may have sent her friend over the edge, Charlotte decides she'll have to investigate the murder to find out who's behind it. But then another mean girl is run down, and she's certain that someone from the past is settling old scores. Desperate to learn whether Mona is making her revenge fantasies come true or if there's a vindictive killer on the loose, Charlotte will have to sort through all the clues to save her friend—and maybe her own life . . . Organizing Tips Included! Praise for the Books of Mary Jane Maffini: "A

comedic, murderous romp . . . Maffini is a relaxed, accomplished, and wickedly funny writer." —The Montreal Gazette "Mary Jane Maffini provides a first-rate, well-organized whodunit . . . A new series that is fun to read." —Midwest Book Review "Maffini's new series . . . is off to a brilliant start with this fast-paced mystery!" —Romantic Times "Deserves top marks for creating an entertaining, fast-paced thriller filled with witty one-liners, snappy dialogue and crackling suspense." —The Strand Magazine "I'll look forward to a long life for this series." —Deadly Pleasures "Plenty of twists and turns that kept me turning the pages until the last sentence." —Dru's Book Musings
2007 Tasra Dawson Real Women Scrap offers guidance

for transformative scrapbooking and creative living. Filled with practical tips, inspiring stories, and insightful strategies, this life-changing guide shows readers how to use key elements in scrapbooking to reconnect with themselves. Drawing parallels between the lessons of the scrapbook page and the lessons of living, author Tasra Dawson connects the wisdom of a beloved pastime with timeless principles for improving busy women's lives.

2008-12-21 Mary Jo Rulnick Prescriptive, delightful, and packed with girlfriend-style advice that is right on the money, this funny yet practical, month-by-month guide helps busy women strike a balance between family, work, and home.