

[PDF] A Weekend To Change Your Life: Find Your Authentic Self After A Lifetime Of Being All Things To All People

Joan Anderson - pdf download free book



Books Details:

Title: A Weekend to Change Your Life
Author: Joan Anderson
Released: 2006-04-04
Language:
Pages: 272
ISBN: 0767920546
ISBN13: 978-0767920544
ASIN: 0767920546

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly In her popular *A Year by the Sea*, Anderson wrote about a time she chose to live apart from her husband on Cape Cod in order to better understand herself. Anderson has

turned her private retreat into a program, Weekend by the Sea Retreats, to help women learn how to have a full life apart from the needs and demands of spouses, children, aging parents and careers. Here, Anderson shares the exercises and activities she has developed to encourage change and growth. She draws on Erik Erikson's eight stages of life from infancy to old age and suggests listing the gains and losses from each phase in order to identify one's personal strengths. Another technique is the beach walk, which allows women to get in touch with their bodies and emotions as they trek alone on the shore, collecting shells, rocks and driftwood, swimming, or drawing pictures in the sand. Anderson's warm, inviting tone will appeal to women who feel, as she did, that they need time and space to reinvent themselves. (*Apr. 4*)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review "Anderson's warm, inviting tone will appeal to women who feel, as she did, that they need time and space to reinvent themselves." —*Publishers Weekly*

- Title: A Weekend to Change Your Life: Find Your Authentic Self After a Lifetime of Being All Things to All People
 - Author: Joan Anderson
 - Released: 2006-04-04
 - Language:
 - Pages: 272
 - ISBN: 0767920546
 - ISBN13: 978-0767920544
 - ASIN: 0767920546
-