



The SuperWoman's Guide to Super Fulfillment Step-By-Step Strategies to Create Work-Life Balance

Jaime Kulaga Kulaga PhD

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Let's face it being a SuperWoman is not as glamorous as the cartoons make it seem. Juggling a career, relationship, family, housework, grocery shopping, planning, and paying the bills is anything but a cape and perfect makeup. Living a balanced and fulfilled life where you can work, care for your family, and give to yourself isn't easy. It takes time, self-awareness, and, most of all, strategies that really work. "The SuperWoman's Guide to Super Fulfillment" by nationally known mental health expert Dr. Jaime Kulaga is the essential quick-start guide to getting your life back on track. Filled with examples, tips, and tools that are realistic and easy to implement, it will show you step-by-step how to: Identify your top life roles and prioritize what really matters. Say no and take care of yourself without feeling guilty. Create an effective plan to work through the real barriers to your personal fulfillment and happiness. Set smart goals, reach out for support, and track your success. Boost your confidence and make strong decisions. Reframe your past to work for you in the present. This fun, empowering, and practical guide will help you stop struggling and start enjoying your life again.

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