



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...



Reviews

This is the greatest book we have read through till now. It is probably the most amazing book we have go through. I am just happy to tell you that here is the greatest book we have read through during my individual daily life and may be he best ebook for possibly.

-- **Eliseo Leffler**

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brian Miller**