



For Women Who Do Too Much Page-A-Day Calendar 2016

Anne Wilson Schaef

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It's a friend, it's a pillar of support, it's the calendar that women rely on for advice, empathy, calming meditations, and the humor that breaks up the busyness of every day. Learn to take responsibility for mistakes while letting go of guilt. Reconnect with your spiritual base—however you define it. And take a pause (refreshingly simple, but easy to forget). Plus history lessons, ways to maintain perspective, and quotes from women who don't hold back: "*I've had enough*" (Golda Meir).

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