

*The*  
**SUPERWOMAN'S**  
**GUIDE**  
*to Super Fulfillment*

Step-by-Step Strategies  
to Create Work-Life Balance



**JAIME KULAGA, PH.D.**

Dr. Jaime Kulaga

## The SuperWoman's Guide to Super Fulfillment: Step-by-Step Strategies to Create Work-Life Balance



[continue reading](#)

Let's admit it—being a SuperWoman isn't as glorious seeing that the cartoons help to make it seem. Juggling a career, relationship, family, housework, food shopping, planning, and spending the bills is anything but a cape and ideal makeup. Living a balanced and fulfilled life, where one can work, treatment for your family, and present to yourself, isn't easy. "The SuperWoman's Guidebook to Super Fulfillment" is the essential quick-start guideline to getting the life back on track. It takes time, self-awareness, and, most of all, strategies that really work. Jaime Kulaga shows you step-by-step how to • Identify your top life functions and prioritize what really issues • Say no and take care of yourself—without sense guilty • Create a plan to work through the barriers to your individual fulfillment • Set smart goals, track your success, and reach out for support • Boost your confidence to meet challenges and make healthy choices • Reframe your past to work for you in today's This fun, practical information will help you end struggling and begin enjoying your life again. Filled up with examples, tips, and equipment that are reasonable and easy to implement, nationally known mental health expert Dr.



[continue reading](#)

Excellent collection of tactics and strategies The author's tools help cut to the important elements of how you can having it all.. A+ for everything! Great book! Amazing book! Amazing price! And as simplistic mainly because some of the concepts are, as common as they are, they place things in perspective and make you assess what you are doing with your lifestyle./Users/hannahartnell/Images/iPhoto Library/Modified/2015/Sep 10, 2015/2015-09-10 10. I would recommend to anyone searching for a way to make a more balanced and happier existence. The book also helps you to better manage your time. Super Helpful Juggling everything, family, career, social existence and self-care can leave one wondering how to prioritize for optimum results. Dr. We are moms, handling children only and working from home and it is challenging.. Jaime is also a nationally known mental health expert, working with women everywhere for a long time. The skills and methods presented in this publication are proven to work again and again.. This reserve, The SuperWoman's Guideline to Super Fulfillment, it's like having her there with you when you need her the most. That you can care for yourself without feeling guilty! Fate works in strange ways, nevertheless, you were there and now I'm here. Honestly I acquired that boost in confidence from her phrases. Whether you are working outside the home, have a home based-business or are working hard at being truly a wife, mom, sibling, and friend, this book can and will help you work through barriers to personal fulfillment and happiness. Dr. Jaime's passion is helping you realize that you have the energy to make your life function for you so that you can stop feeling as though having a existence is your job. What should you expect when all of this is in movement? Be sure to have a look at her site, <http://www.DrJaime.com> to learn more on Dr. Hi Jaime, It's not news that you have power with your phrases, but wished to let you see it in actions. Still we can, we have to attain that fulfillment by the end of the day. Jaime's services as well as how to obtain her terrific reserve!" Read the book for the others. You're about getting ladies into actions in the areas which means that the most to them. Your message on the inside cover explained to "Move horseback riding NOW! A few nights of book reading and 'hearing' your words cleared my brain and I started looking for a super, astounding horse to get in shape again and prepare for my favorite thing.. That is one power-packed volume of info presented by a female who has not only had to find this out for herself but Dr. riding 200 kilometers through Kenya, repeating that ride 15 years ago. Match my new flame. No, it isn't quick.. the one riding just like the wind on her mighty steed carrying the message which will save the fort. We have been bff for over per month and after the first time galloping over the hills, I rediscovered my spouse.... The style designer in now well balanced with the wild child... Flame! This program creates enduring personal modification and the results are remarkable! Her whole approach is not to minimize your involvement in life but showing you how exactly to identify your best roles, prioritize, create effective plans, set smart goals, touch base when you need help and support you track your success.. January! An incredibly insightful book every girl can reap the benefits of. Yep Jaime, you're a powerful female and changing women's lives. You will be able to boost your confidence and learn to make solid decisions that you could embrace and that do the job.. Came in great condition, as I expected. 34.39.jpg Genuinely helpful information Dr. Kulaga shares genuinely helpful information, with clear illustrations, on how to be successful in building the type of lifestyle YOU want by establishing priorities, enforcing boundaries, and obtaining confidence. SuperWoman's Guide encourages women to consider responsibility for their very own lives by creating their own journey that will lead to their own private happiness. There are therefore many memorable rates: "...of me. Dr." "... This book definitely has some very nice principles to it This book definitely has some very nice principles to it... lender energy dollars for main decisions", "reward yourself continuously" "...bumps are area of the journey." "Anger is poison... Thank you! While you were in Santa Monica's Barnes and Noble, smiling behind your publication signing desk, I stopped to see everything you were about... you will be glad you did! usually do not live in crisis setting. Amazing everything! Five Stars Excellent read for each 'super' woman out there. I must say i took a moment to think about my work and what I am trying to do with my life, yet somehow I also became more alert to the other elements that take concern in my life and how exactly to try and stability them. Great read, would recommend. I found Dr. ... My birthday month. Dr. A remarkably insightful book every female can benefit from.. I'll definitely be gifting this book to all the women I understand! It was a satisfying read that immediately made me feel even more in-control of my life! Jaime's book is an insightful, hands-on guidebook. Jaime's metaphors to end up being extremely useful in understanding her work-life balance techniques, and the simple exercises

by the end of each chapter helped me internalize each brand-new strategy. This is one book, every woman juggling different roles in life should possess. the grass is greener where you water it. We've personal difficulties, professional upheavals, and I personally sometimes wonder how do some manage it so well. The plans for the Kenya ride are in the functions. Read this to make each day better!. We all need that confidence pumped into us, we need that assurance that YES WE CAN. Jaime's book is an insightful, hands-on information to restructuring your daily life in order to achieve stability and greater personal fulfillment. drjaimek. Jamie provides us those suggestions. I browse the book in one sitting, and I sensed like she was my personal coach. The SuperWoman's Instruction to Super Fulfillment isn't just a "read", it offers activities to show you how to implement the info therein in addition to featuring 'gifts' throughout by means of Super Woman Skills that help you strengthen your resolve and deepen your dedication to creating the happy, healthy life you had been born to live. Though am a post graduate, been in the industry for 8 years and now a professional brand consultant still I needed that and I think I will read it once more whenever I want that increase. Jaime Kulaga comes to our rescue with her publication The SuperWoman's Guideline to Super Fulfillment (step-by-step ways of create work-life stability). (I was sent a duplicate of this book in trade for a radio interview and I thought we would also provide a written review) Powerful! It really is we who can and this book is certainly that personal coach/ guide to help us achieve that. The great thing she says can be to stop making ourselves the last concern always. To set the roles, look after self and work through barriers. Thank you Dr. Jamie for offering us this book.



[continue reading](#)

[download The SuperWoman's Guide to Super Fulfillment: Step-by-Step Strategies to Create Work-Life Balance djvu](#)

[download free The SuperWoman's Guide to Super Fulfillment: Step-by-Step Strategies to Create Work-Life Balance ebook](#)

[download free Transitions: Stories of how to help Mom and Dad with their stuff fb2](#)

[download free 10&2 Weight Loss mobi](#)

[download The SCD for Autism and ADHD: A Reference and Dairy-Free Cookbook for the Specific Carbohydrate Diet epub](#)