



Time for Me: A Burst of Energy for Busy Women

Helene Lerner

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Women are notorious for taking care of everyone else first, exhausting themselves and losing their spark in the process. The story of this dilemma, and how one Ms. Owl found her way to renewal and vitality, will inspire working women to put themselves first from time to time and give them a shot of much-needed energy.

Ms. Owl is a working mom with a good job, a husband and son she loves and a comfortable nest. But she's so exhausted she can barely enjoy her life. One day she receives an anonymous gift certificate for a weekend at a spa. What she discovers there changes everything-not only does she come back rested and revitalized, but she learns to make time for herself.

In the spirit of bestselling parables *Who Moved My Cheese* and *Fish!*, *Time for Me* is a powerful self-help tool, tackling the biggest problem that working women face today. Call it the time bind, the sandwich generation, or just plain old self-sacrifice, every woman can use this refreshing tale.

Includes a four-step process for women to follow to renew their energy whenever they need to.

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