Life Preservers: Staying Afloat in Love and Life

A practical and invigorating compendium of instruction from one of Americas wisest self-help writers, this audiobook covers topics of most common concern to women.Thought-provoking perspectives rather than quick-fix solutions, Life Preservers aims to equip women with the tools to create joy, meaning, and integrity in their personal lives without the obligation of seismic change.

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