



# The 24-Hour Woman: How High Achieving, Stressed Women Manage It All and Still Find Happiness

*Cheryl Liew-Chng*

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Think you can have it all? Think again. Then stop thinking and do something different. In this "always-on" global world with increasing work-life demands and career opportunities, the 24-Hour Woman has the wisdom to know that managing it all does not mean having it all. Rather, it means consciously designing a life of happiness and fulfillment. All women experience STRESS—whether they are working professionals, entrepreneurs, or stay-at-home moms. It's what they do with it that matters. Instead of trying to have and do everything, the 24-Hour Woman masters the art of navigating life successfully by focusing first on the legacy she wants to build. Only then can she live a life most excellent—defined by joy and vibrancy. Written by Cheryl Liew-Chng, award-winning global HR consultant on work-life issues and professional development, The 24-Hour Woman offers wisdom and tools from successful women around the globe. The 24-Hour Woman shares strategies for navigating life by focusing first on legacy. Then it lays out case studies and simple daily changes to help you thrive—starting today—and extending through every 24-hour period you live. You will discover:

- The myths of the 24-Hour Woman and how to get ahead of them
- The five Foundational Pillars that every woman must build into her life
- What a legacy can do to keep you focused and passionate about your day
- How to create "growth friends" to nudge you forward
- What a show host, ceramics artist, and corporate CEO have in common

Learn the secrets and strategies of The 24-Hour Woman—and discover how to thrive in all areas of life. The clock is ticking...what are you waiting for? Visit [The24HourWomanBook.com](http://The24HourWomanBook.com) for details on claiming your gifts from Cheryl.



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Have you spare time for the day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to typically the Mall. How about open or maybe read a book entitled The 24-Hour Woman: How High Achieving, Stressed Women Manage It All and Still Find Happiness? Maybe it is to get best activity for you. You already know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have other opinion?

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A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Did you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that's look different you can read a book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day every day to reading a reserve. The book The 24-Hour Woman: How High Achieving, Stressed Women Manage It All and Still Find Happiness it is rather good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy typically the e-book. You can more simply to read this book from your smart phone. The price is not to fund but this book offers high quality.

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