



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 for details on claiming your gifts from Cheryl.

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