



# The Life Organizer: A Woman's Guide to a Mindful Year

*Jennifer Loudon*

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# The Life Organizer: A Woman's Guide to a Mindful Year

*Jennifer Louden*

## **The Life Organizer: A Woman's Guide to a Mindful Year** Jennifer Louden

We all yearn to have time for personal needs and creative dreams — after all, this is our life to make the most of. And we all know how hard it is to remember what really matters. With distractions from jobs, aging parents, and children — not to mention women’s perennial fear of being labeled “selfish” — following our own desires and dreams can become ever more elusive. The Life Organizer aims to help you shift your focus, augmenting traditional goal setting with the ease that comes from steady inner listening and mindfulness. It will become your trusted companion — and maybe the most important book you’ll ever own.

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