



Women Who Do Too Much: How to Stop Doing It All and Start Enjoying Your Life

Patricia Sprinkle

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Are you tired of being all things to all people?

Are you overwhelmed by busyness, guilt, and stress? *Women Who Do Too Much* has already helped thousands of high-pressured women depressurize. This new edition, streamlined and updated to address the needs of women today, shows you – the women who does too much – how to do less, live better, and accomplish what truly matters.

By tackling the larger issues of goals and commitments first, Patricia Sprinkle helps you determine what God created you to do – and helps you focus on doing just that. In addition, she gives tips to help you handle the demands of everyday life, plus quick, simple exercises to help you apply what you learn.

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