

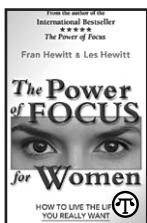


Books Worth Reading

The Power Of Focus For Women

(NAPSA)—Today's women face challenges on numerous levels, and often find themselves asking:

- “How do I get more balance and more time for me?”
- “I'm ready for a change. I feel so stuck.”
- “How can I make my life more meaningful?”



A new book may help you come closer to achieving your goals.

- “I'd like to be happy, but how do I let go of the guilt?”

- “How do I become confident enough to pursue my dreams?”

- “I want financial security. No more money problems!”

- “How can I have more love and joy, instead of all this stress?”

After facilitating workshops for years, acclaimed women's specialist Fran Hewitt recognized that certain issues kept resurfacing. As a result, she developed *The Power Of Focus For Women* (Health Communications Inc., \$12.95) with co-author Les Hewitt, a leading-edge business coach and best-selling author.

Key to the book's message is learning how to overcome low self-esteem and the fears that hold one back from being successful.

“With healthy self-esteem no matter what life throws your way you will always be able to bounce back,” says Hewitt.

Packed with practical techniques and easy-to-implement action steps, the publication also includes inspiring real-life success stories.

The book is available at local bookstores and can be ordered through www.hcibooks.com.