



Beyond Happy: Women, Work, and Well-Being

Beth Cabrera

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Over the course of a decade, positive psychology authority Dr. Beth Cabrera has surveyed and interviewed more than a thousand women to gather insight into how to effectively balance career and family responsibilities. *Beyond Happy: Women, Work, and Well-Being* gathers essential findings and offers women proven strategies for living more authentic, meaningful lives.

Through the lens of shared experience, Cabrera thoughtfully examines the challenges women face and presents a simple yet powerful model for enhancing well-being that can both improve and transform lives. Helpful self-assessments guide you toward feeling good and doing good, and each chapter delivers tried-and-true tactics that real women have used to manage the difficulties of fulfilling their multiple, often conflicting, roles.

Discover pathways to reducing stress, experiencing greater joy, and finding more meaning in your life by employing Cabrera's solid strategies for thriving based on personal values, developed strengths, and what matters most—enduring family ties and relationships.

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Peggy Nunes:

A lot of people always spent their free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you would like try to find a new activity here is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a publication. The book Beyond Happy: Women, Work, and Well-Being it doesn't matter what good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space bringing this book you can buy the e-book. You can m0ore very easily to read this book from the smart phone. The price is not too expensive but this book provides high quality.

James Crist:

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