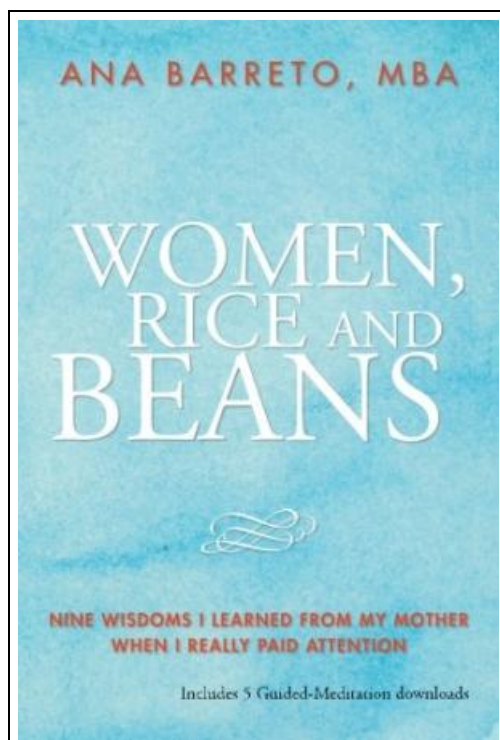


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Blue Hudson Group, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Women too often are overwhelmed with long to-do lists while raising a family, working long hours, and helping everyone. Putting everyone and everything before ourselves is a behavior we've learned from our mothers and the women around us. We also teach it to our daughters. The book *Women, Rice and Beans* shows women the path to pay attention to our lives and learn the wisdom waiting to be discovered and live a more balanced, happy and loving life. In this inspirational self-help guide, Brazilian personal development teacher Ana Barreto shows readers how to achieve serenity. She shares her experiences of spending her childhood in Brazil before coming to the United States and then traveling back to her home country to care for her ailing mother. Bonding with her elderly mother made Ana reflect on her life and the lives of many women. She learned nine wisdoms-or affirmations-that she shares in her book. The book provides simple exercises for taking care of yourself, meditating, carving out personal space, and reaching for your dreams. She also guides you on using feng shui, Buddhism, and even principles of quantum physics. The book includes five guided meditation for women downloads. It will help all mother-daughters relationships, lift you up and give you the courage to reach for what you want in life-staying calm while doing it.



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