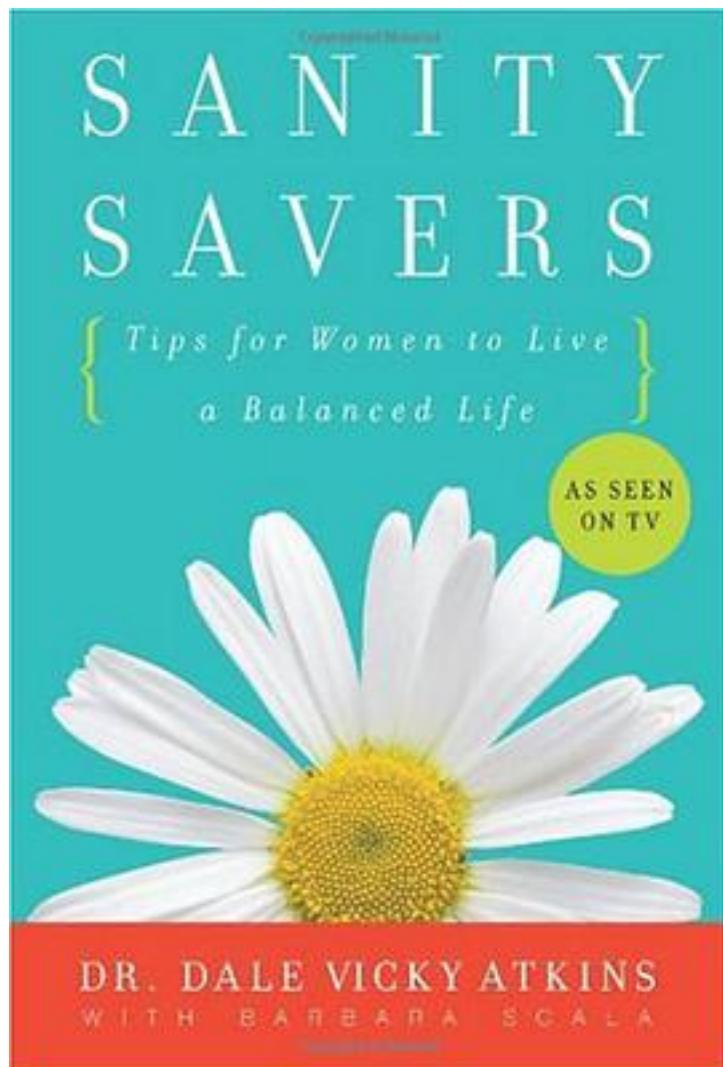


Sanity Savers



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Our world is much more difficult, demanding, and faster-paced than it ever was before. Most women are finding it nearly impossible to escape and wind down—even for a few short minutes. Psychologist and author Dr. Dale V. Atkins, the creator and host of television's "Dr. Dale's Life Issues," has the solution: *Sanity Savers*—52 weeks of invaluable daily tips, thoughts, and suggestions that will help you restore balance, order, simplicity, and, most important, happiness to your over-stimulated life. All it takes is a few minutes each day to save your sanity . . . and improve your life!

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