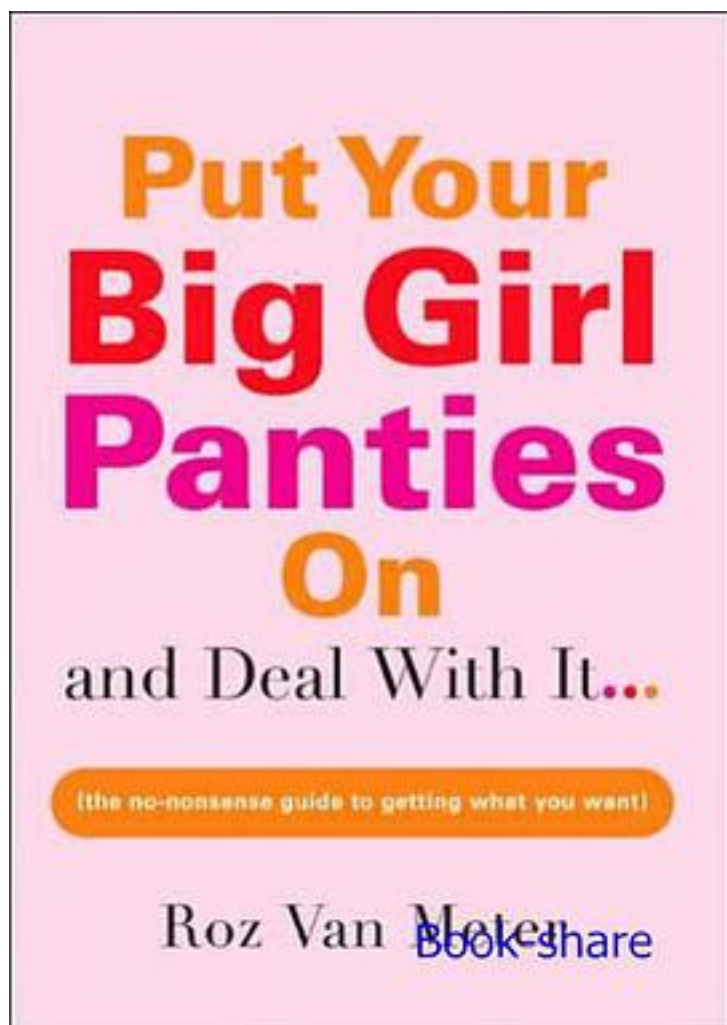


Put Your Big Girl Panties on and Deal with it



[Put Your Big Girl Panties on and Deal with it 下载链接1](#)

著者:Van Meter, Roz

出版者:Sourcebooks Inc

出版时间:2007-11

装帧:Pap

isbn:9781402208829

With this insightful, touching, and often hilarious guide, Roz takes you from Training

Pants straight through to Big Girl Panties, with plenty of laughs and lots of valuable advice along the way. Rife with deeply personal, perhaps slightly embarrassing and often hysterical personal stories from the author herself, Put Your Big Girl Panties On and Deal With It is the guidebook for real women ready to take charge of their own lives.

Inside, discover: --How to shuck those procrastination panties: Action Antidotes to the Top 10 Procrastination Perpetuator --How to untwist your knickers: Stressbusting for the rest of us --Aunties in your panties: What we can learn from the Big Girl Panty-Wearers who have gone before us --Big girl Valentine panties: Plenty of romance revivers and passion primers --Bodacious Beauty Britches: How to celebrate your unique gorgeousness

作者介绍:

Roz Van Meter is a psychotherapist, marriage counselor, certified sex therapist, life coach, and West Texas storyteller.

She says it’ s not her hairdresser’ s fault if her Texas roots are always showing through her red hair.

For over twenty years she has told stories, her own and others’ , to inspire clients to grow up, handle life, and laugh with affection at themselves and life in general.

She has been a life strategist and personal coach to writers, CEOs, real estate developers, stay-at-home moms, designers, and career-changing entrepreneurs from as far away as Australia, Germany,Norway,Hawaii, and Canada.

Roz is also the author of:

- Life Savor: How to Turn on Delight
- Passion! Reclaiming the Fire in Your Heart
- Sizzling Sex in 30 Days, an ebook

Visit Roz on her website: www.RozVanMeter.com.

目录: Introduction ix

Chapter One:Women Rule! 1

Chapter Two: A Loving Letter..... 9

Chapter Three: The Kid in the Pull-Ups 17

Chapter Four: Rewriting Your Story 23

Chapter Five: Shuck Those Procrastination Panties... 41
Chapter Six: Untwist Your Knickers. 55
Chapter Seven: Aunties in Panties 67
Chapter Eight: The Penny Stretch 83
Chapter Nine:Who Gets Past Your Gatekeeper? 89
Chapter Ten: Big Girl Valentine Panties 113
Chapter Eleven: Your Passion Quotient..... 131
Chapter Twelve: Bodacious Beauty Britches 141
Chapter Thirteen: Alphabet of Self-Care..... 153
Chapter Fourteen: In Defense of Little Girl Britches .. 173
About the Author..... 177
• • • • • [\(收起\)](#)

[Put Your Big Girl Panties on and Deal with it_ 下载链接1](#)

标签

评论

[Put Your Big Girl Panties on and Deal with it_ 下载链接1](#)

书评

[Put Your Big Girl Panties on and Deal with it_ 下载链接1](#)