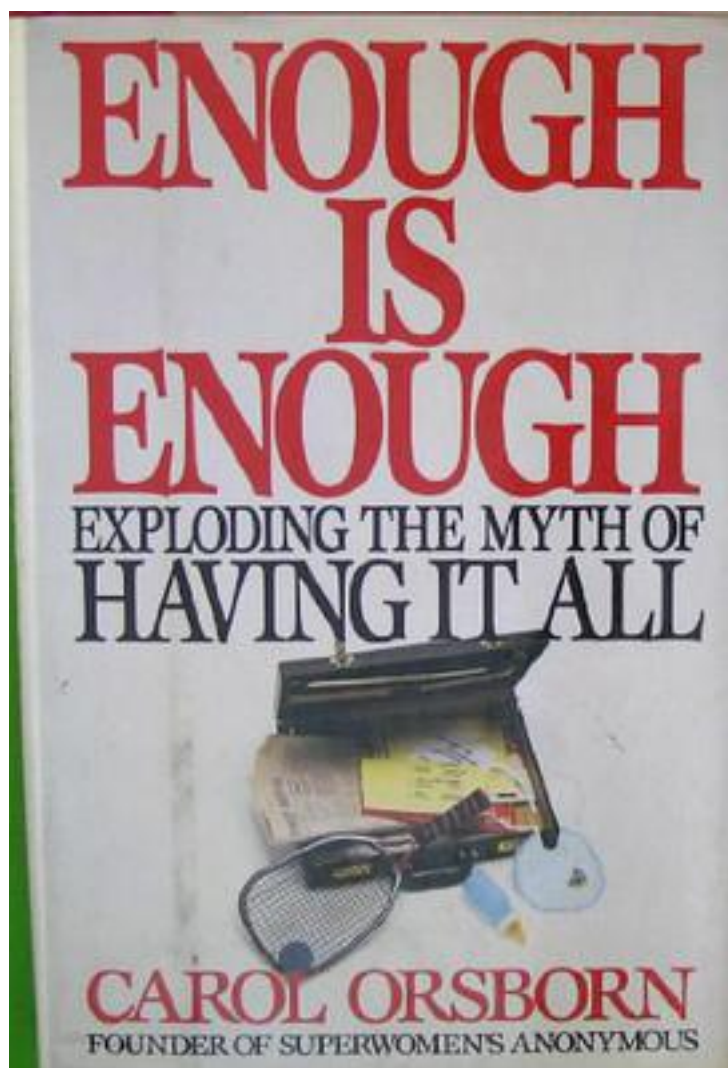


# Enough Is Enough



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著者:Carol Orsborn

出版者:

出版时间:1986-10

装帧:

isbn:9780399131752

From Publishers Weekly Orsborn's remark to a reporter, "Maybe we don't want everything, " made news and brought her letters from a great many other frustrated women. Convinced, like her liberated sisters, that she could "have it all" (as promised in media hype), the author was a highly successful business person, wife and mother in her 30s when she began to think about what her achievements were costing: in important relationships, chances to rest and relax and have fun. So she cut back, and formed Superwomen Anonymous to help others in her situation. For those who didn't learn that "enough is enough" at their mothers' knees, she includes tests here to determine whether you are overdoing it and advice on priorities a bit bossy but sensible. Literary Guild alternate. Copyright 1986 Reed Business Information, Inc. From Library Journal "For individuals trained in overachieving, the race is on between learning how to be mediocre at will versus burning out." On the basis of her own experiences, Orsborn founder of Superwoman's Anonymous, a self-help group for overachieving women offers advice for pursuing other lifestyles. Anecdotes and experiments designed to shed insight into the superwoman condition are interspersed throughout. While this book may not convert others to her beliefs about the dangers of "having it all, " it does present its message with humor and will be interesting reading for most women. Susan A. McBride, L.R.C., Northeast Texas Community Coll., Mt. Pleasant Copyright 1986 Reed Business Information, Inc.

作者介绍:

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