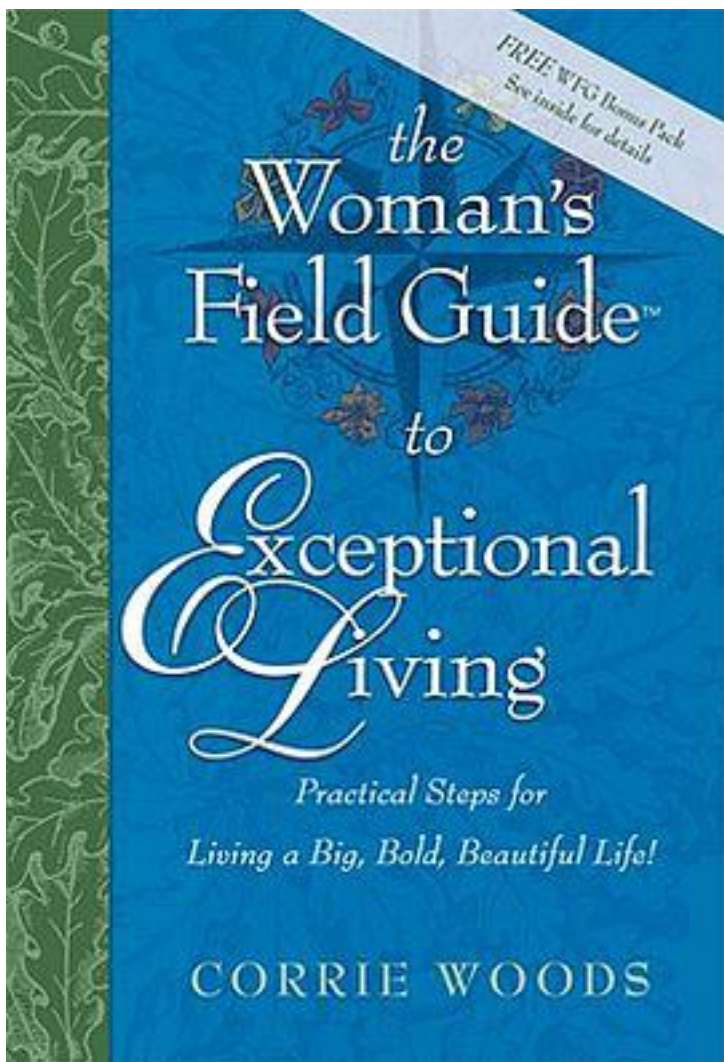


# The Woman's Field Guide to Exceptional Living



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Your Passport to Creative Expression, Exploration, and Play For many women-and men, too-life is a series of "supposed-to's" and "shoulds." You keep the lid on tight and plod along, knowing there's a place where life is big, bold, and beautiful but not sure how to get there, or even where to start. It's Time for a Cork-popping Change of Direction. The Woman's Field Guide to Exceptional Living will launch you directly into your own adventure. There are no limits here, no "shoulds," just a guided inner road trip to an extraordinary new outlook you can return to again and again for inspiration, tips, support, and motivation. You'll discover how to: \*Get out of your head and into your life \*Recognize your true callings and act on them \*Overcome barriers to boldness, bliss, and beauty \*Live without regrets, energy-drainers, and nay-saying

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