



Toss the Guilt and Catch the Joy: A Woman's Guide to a Better Life

Merrilee Boyack

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Are you tired of worrying about things you can't control? Do you feel distracted or overwhelmed by the daily demands of living? Do you wonder if it's even possible to make space in your busy life to become the person you really want to be? In her down-to-earth style, popular author and speaker Merrilee Boyack presents eight pairs of contrasting characteristics, inviting women to consider their own tendencies: Faithful or fearful? Focused or distracted? Peaceful or worried? She then discusses how we can move from where we are to where we want to be without feeling guilty or discouraged.

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