



Natural Superwoman: The Survival Guide for Women Who Have Too Much to Do

Rosamond Richardson-Gerson

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This work advocates balance in all things: diet, attitude and lifestyle; exercise, style and priorities. The book works from the outside in, offering a sane plan for clutter-free, eco-friendly graceful living. It then moves onto creating harmonious relationships and a happy working life: achieving natural health, vitality and good looks, and finally internal harmony.

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