



Time Poor Soul Rich: 60 Second Solutions & Other Lengthier Remedies for Busy Professional Women

Anne Winckel

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What is the biggest casualty of your busy life? Is it Creativity? Serenity? Intimacy? Do you have a rich soul despite being time-poor? Or have you lost (or never had) that inner contentment? TIME POOR SOUL RICH explores 16 casualties of a busy life that can be soul enriching if not ignored. Author Anne Winckel appreciates many women have little if any discretionary time, and in this remarkable book shows time-poor women how to move back into a habit of caring for themselves - rather than assuming they need to take time off from work to elevate their well-being out of survival mode. Each chapter provides sixty-second solutions for busy women to re-engage with various casualties of life and so nurture a rich soul. Anne also explores obstacles to soul enrichment such as guilt and self-sabotage. "The price we pay for excellent time management training can sometimes be the soul enrichment we then neglect." This book is collated wisdom from the author's family, friends and acquaintances, and from her own life's journey. For over 25 years, Anne has been fascinated by the journey that women travel in business and in the professions - with juggling acts often at circus-level proficiency. Anne tells the stories of a number of these women - sharing both their successes and their struggles. TIME POOR SOUL RICH combines a light-hearted and whimsical tone with a serious look at the issues that challenge the well-being of professional women.

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