



# **The Woman's Retreat Book: A Guide to Restoring, Rediscovering and Reawakening Your True Self -- In a Moment, An Hour, Or a Weekend**

*Jennifer Louden*

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# The Woman's Retreat Book: A Guide to Restoring, Rediscovering and Reawakening Your True Self --In a Moment, An Hour, Or a Weekend

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**The Woman's Retreat Book: A Guide to Restoring, Rediscovering and Reawakening Your True Self -- In a Moment, An Hour, Or a Weekend** Jennifer Louden

A Do-It-Yourself Retreat Book from the Author of **The Woman's Comfort Book**

Do you yearn for time to rest, dream, listen, grieve, celebrate, stretch, or just be? Then you -- like most women today -- need to retreat: to make time to get away from it all and reconnect with yourself. With the wit, humor, and style that have made her Comfort Book series so popular, comfort queen and modern-day pioneer of women's well-being Jennifer Louden offers a practical and inspirational handbook -- the first to focus on the needs and stresses of women -- that walks you step-by-step through planning and savoring a self-led retreat. Easy-to-do practices and encouraging insights help you:

- Find the time to retreat whenever and wherever you are
- Decide whether to retreat at home or away, solo or with others
- Separate from daily concerns
- Counter fear, guilt, and boredom
- Reenter ordinary life renewed

A wise and useful sourcebook of ideas and inspiration, **The Woman's Retreat Book** can be turned to again and again, whenever you feel the need to retreat.

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