



The Gift of a Year: How Give Yourself Most Meaningful Satisfying Pleasurable Year your Life

Mira Kirshenbaum

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The first book to help today's over-committed woman put more of who she really is into her life and in the process find success and fulfillment

The Gift of a Year presents for the first time a revolutionary, grassroots method that shows women how to pluck a year from the busy routine of their lives and find the one thing they can do to achieve fulfillment and change their future. In this inspirational, practical book, author Mira Kirshenbaum gives women all the advice and direction they need to find support and feel supported-and find the necessary time to fit their dreams into the lives they already lead. *The Gift of a Year* is filled with real-life anecdotes from women who have used Kirshenbaum's program successfully. They talk about what they did with their year, why and how they did it, and what they got out of it. *The Gift of a Year* will show every woman how to get that magic missing ingredient that will make her life more successful, more fulfilling, and, most of all, more her own.

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