



Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose

Kathy Caprino

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Helps professional women experiencing feelings of disempowerment and dissatisfaction regain the confidence, courage, and energy to take control of their lives

Identifies 12 crises professional women face today and offers specific advice and tools for overcoming them

Draws on interviews with over one hundred women, offering inspiring stories and practical advice for addressing and resolving disempowerment

Thousands of professional women, though outwardly successful, find themselves in the midst of a crisis, believing that they've sacrificed meaning, fulfillment, and balance in their lives to achieve work-related success. Their lives feel unmanageable—and they are confused, blocked, overwhelmed and unable to move forward effectively. Kathy Caprino sheds light on this growing epidemic of disempowerment and shows women how to reinvigorate and reclaim their lives.

Breakdown, Breakthrough uses a comprehensive coaching, behavioral, and spiritual framework to explore how women can restore their power and reconnect with their life visions as they awake from the paralysis of professional dissatisfaction and personal diminishment. Caprino outlines a new model for understanding disempowerment, one that focuses on women's relationships with themselves, with others, with the world, and with what she calls their higher selves. She identifies twelve specific challenges professional women face and offers concrete, practical advice for overcoming each one—helping readers “step back, let go of what is holding them back, and say yes” to creating a compelling and rewarding next chapter of life and work.

This is also a deeply personal book. Caprino candidly discusses her own struggles with crippling feelings of disempowerment, and shares moving stories and heartfelt advice gleaned from her interviews with over one hundred women who experienced and overcame the crises she describes. Breakdown, Breakthrough offers working women who are stressed, stuck, and dissatisfied access to new inspiration, hope, and a definite plan of action.

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From reader reviews:

Percy Cole:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose can be excellent book to read. May be it could be best activity to you.

Lee Flynn:

Reading can called thoughts hangout, why? Because if you are reading a book particularly book entitled Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose your brain will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely will become your mind friends. Imaging just about every word written in a book then become one form conclusion and explanation in which maybe you never get previous to. The Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose giving you one more experience more than blown away your head but also giving you useful details for your better life within this era. So now let us present to you the relaxing pattern is your body and mind is going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

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