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| 1. Record Nr. | UNINA9910454500403321 |
| Autore | Caprino Kathy <1960-> |
| Titolo | Breakdown, breakthrough [[electronic resource]] : the professional woman's guide to claiming a life of passion, power, and purpose / / Kathy Caprino |
| Pubbl/distr/stampa | San Francisco, CA, : Berrett-Koehler Publishers, c2008 |
| ISBN | 1-282-30054-7 9786612300547 1-57675-793-5 |
| Edizione | [1st ed.] |
| Descrizione fisica | 1 online resource (259 p.) |
| Collana | A BK life book |
| Disciplina | 155.6/6082 |
| Soggetti | Midlife crisis Middle-aged women - Psychology Women in the professions Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references (p. 215-225) and index. |
| Nota di contenuto | The disempowerment dilemma -- Empowerment with self -- Empowerment with others -- Empowerment with the world -- Empowerment with higher self. |
| Sommario/riassunto | Helps professional women experiencing feelings of disempowerment and dissatisfaction regain the confidence, courage, and energy to take control of their livesIdentifies 12 crises professional women face today and offers specific advice and tools for overcoming themDraws on interviews with over one hundred women, offering inspiring stories and practical advice for addressing and resolving disempowermentThousands 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 achie |