

<<(心灵鸡汤)>>

图书基本信息

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内容概要

This inspiring collection is for the 50 million American women who are finding renewed joy, passion and meaning in their lives. Demi Moore's doing it. Oprah's doing it. Joan Lunden's doing it. These are just a few of the 50 million American women who are celebrating the prime of their lives by redefining themselves. This feel-good book celebrates the growing sisterhood of women who are embracing life, realizing that the best years are ahead of them. Chapters include: On Adventure, Treasuring Friendship, On Romance, Overcoming Obstacles, On Wisdom, On Parenting, On Spirituality, and Across Generations.

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书籍目录

Introduction: I Love to Read1. Wild About Harry2. Rabbit and Miss Bee3. Childish Things4. Life Lessons5. Harry Is Born6. Dark and Light7. Harry Conquers the World8. Harry Ever After9. Touched by an Angel10. The Hogwarts Express11. It's Only a Movie 12. Into the Future 13. Real Life...Fantasy Life14. Secrets Revealed...Life Goes On

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