

The Art of Having It All: A Woman's Guide To Unlimited Abundance

Christy Whitman



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On the heels of several highly successful and influential women coming forth with the assertion that it isn't possible for women to have it all, and that in fact, attempting to do so is detrimental to our well-being, this book presents a radically different point of view: Not only is it possible for a woman to create everything she desires in every aspect of her life, but to settle for anything less is to deprive her of the exhilaration, joy, expansion and freedom of becoming all that she is capable of being.

As a woman who has created my "It" and my "All" in literally every aspect of my life - both because of and in spite of great adversity - I am outraged by the foothold of lack and limitation that has taken root in the minds of so many American women. I believe this mindset of limitation and scarcity contributes significantly to the depression that afflicts so many women, causing them to give up pursuing their deeper dreams and to resign themselves to a life of mediocrity.



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