



# Meditations for People Who (May) Worry Too Much

*Anne Wilson Schaef*

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## **Meditations for People Who (May) Worry Too Much** Anne Wilson Schaef

Anne Wilson Schaef's bestselling *Meditations for Women Who Do Too Much* invited women to do less and live more. In this wise and graceful sequel to that beloved book, which is also a collection of daily meditations, Schaef encourages us to give up the worries that trouble so many of our lives.

Schaef helps us to smile at our worries and encourages us to re-examine our discontent and our desperate need to control our lives. She ponders with us the true nature of love, solitude, creativity, friendship, sorrow, intimacy, and all the experiences that go into making a life. Best of all, she inspires us to respect our own particular inner rhythm and intuitive wisdom, to live this moment, now, with trust and joy.

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