



EXCERPT

© Professional Woman Publishing

Excerpt from *Overcoming The Superwoman Syndrome*

All rights reserved

TABLE OF CONTENTS

INTRODUCTION: Linda Ellis Eastman .....	ix
Chapter 1: Overcoming Being All Things to All People by <i>Linda Rose Mongell</i> .....	3
Chapter 2: The Art of Being Thankful by <i>Jayne Fountain</i> .....	19
Chapter 3: Off The Wall! Dealing With Anger by <i>Dawn Harris</i> .....	29
Chapter 4: Self-Sabotage: Overcoming Negative Behavior by <i>Rosemary Bonilla</i> .....	41
Chapter 5: Living a More Simple Life by <i>Marcella Berry</i> .....	53
Chapter 6: Communicating Your Needs and Feelings by <i>Sandy Spadaro</i> .....	63
Chapter 7: 9 Steps to Higher Self-Esteem by <i>Mercedes Paglilla</i> .....	73
Chapter 8: Super Vision by <i>Micki Jordan</i> .....	85
Chapter 9: Overcoming Obstacles, Transition & Change by <i>Valerie Fleming</i> .....	97
Chapter 10: Possibilities: Turning Dreams Into Reality by <i>Terri Tibbs</i> .....	109
Chapter 11: Parenting: Role Modeling and Communication by <i>Dr. Kanteasa Rowell</i> .....	123
Chapter 12: 12 Steps to Overcoming the Superwoman Syndrome by <i>Riki Lovejoy Blaylock</i> ..	133
Chapter 13: Sisterhood: The Need for Encouragement and Support by <i>Myrtle Looby</i> .....	145
Chapter 14: Taking Inventory of Successes and Joys by <i>Pamela Burks</i> .....	157
Chapter 15: Creating a More Calm and Peaceful Life by <i>Elizabeth Palm</i> .....	173
Chapter 16: Dealing with Conflicts and Challenges by <i>Sunni Boehme</i> .....	187
Chapter 17: Your Quiet Spot by <i>Sharyn Yonkman</i> .....	203
Chapter 18: Saying No Without Guilt by <i>Mary Paul</i> .....	217



**Linda Ellis Eastman** is President and CEO of The Professional Woman Network (PWN), an International Training and Consulting Organization on Women's Issues. She has designed seminars which have been presented in China, the former Soviet Union, South Africa, the Philippines, and attended by individuals in the United States from such firms as McDonalds, USA Today, Siemens, Westinghouse, the Pentagon, the Department of Defense, and the United States Department of Education.

An expert on Women's Issues, Ms. Eastman has certified and trained over two thousand women to start consulting/seminar businesses originating from such countries as Pakistan, the Ukraine, Antigua, Canada, Mexico, Malaysia, and Kenya. Founded in 1982 by Linda Ellis Eastman, The Professional Woman Network is committed to educating women on a global basis regarding self-esteem, confidence building, stress management, and emotional, mental, spiritual and physical health.

Ms. Eastman has been featured in USA Today and listed in Who's Who of American Women, as well as Who's Who of International Leaders. In addition to women's issues, Ms. Eastman speaks internationally regarding the importance of human respect as it relates to race, color, culture, age, and gender. She will be facilitating an international conference where speakers and participants from many nations will be able to discuss issues that are unique to women on a global basis.

Linda Ellis Eastman is also Founder of The Professional Woman Speakers Bureau and The Professional Woman Coaching Institute. Ms. Eastman has dedicated her businesses to increasing the self-esteem and personal dignity of women and youth around the world.

**Contact:**

The Professional Woman Network  
P.O. Box 333  
Prospect, KY 40059  
[lindaeastman@prodigy.net](mailto:lindaeastman@prodigy.net)  
[www.pwnbooks.com](http://www.pwnbooks.com)  
[www.protrain.net](http://www.protrain.net)

END EXCERPT – Overcoming The Superwoman Syndrome  
© Professional Woman Publishing  
All rights reserved