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**Self-Help For Busy Women: The Woman's Field Guide to Exceptional Living, by life coach Corrie Woods**

*Inspiration now for the busy woman: short, to the point, provocative and practical. Women's Life Coach and author Corrie Woods delivers just that in the award-winning book, "The Woman's Field Guide to Exceptional Living".*

TRYON, NC, October 10, 2008 **/24-7PressRelease/** -- What woman has time these days to sit down and read a long chapter in a self-help book? Designed for women on the go, "The Woman's Field Guide to Exceptional Living" is small enough to toss into a purse and rich enough to have women everywhere saying, "This is just the book I needed." Midwest Book Review says, "'The Woman's Field Guide to Exceptional Living: Practical Steps for Living a Big, Bold, Beautiful Life!' is very highly recommended to women everywhere and for self-help and women's studies community library shelves."

Woods let her life lead her in the writing and designing of this book. She realized, "I don't have time to read a dissertation on the technology of happiness", so she wrote bite-sized chapters that can be read in moments - perfect for overwhelmed, out of breath women. "The books I've read are filled with my notes and doodles and underlined phrases," Woods noticed, so each chapter of her book ends with a prompt to which the reader can journal. She found herself thinking, "Get to the point" when - 200 pages into a self-help book - there was still no self-help to be found; so, beginning with the first pages of her book, there are countless simple ideas and stories that prompt movement and action.

The author knows all too well the barriers women face in living truly joyful lives. As a self-care coach, she supports women in stepping past their limiting beliefs and actively designing fulfilling lives. (<http://www.womansfieldguide.com/retreats-teleclass...> )

The key word is "actively", as many women know what they could be doing differently but are stuck on the side-lines, unsure how to begin. A great place to start is often realizing that having a great life begins with taking great care of you. As Woods states, "Women typically care-take others far better than they care-take themselves. It's not rocket science to consider that a great life begins with great self-care. When we are rested and grounded and joyful, we are better parents and partners, we're more effective and resourceful in our jobs, and we have more to offer our communities and the world. No, it's not rocket science but it does go against the norm."

That's where "The Woman's Field Guide to Exceptional Living" comes in.

( <http://www.womansfieldguide.com/learn-more-about-t...> ) It is like a permission slip for busy women to begin looking at their lives in new ways. There are lots of invitations to readers to nurture greater joy, passion, fun and reflection. Chapter titles like "Be a BOLD Woman", "Make Mud Pies", "Invite Others Over to Play", and "Stand in the Spotlight" pull the readers in with a spirit of playful adventure.

Best-selling author of "The Woman's Comfort Book" and "The Life Organizer", Jennifer Loudon summed up many women's experiences with Woods' book when she wrote, "I have come to believe that the main task of each of us perfectly imperfect humans is to remember: there are always fresh possibilities to be discovered, we are always loved, we are part of the Whole. Corrie offers exactly the kind of splendid playful reminders I need."

Says Woods, "Supporting women in living lives they love is my passion. Too many women are settling for less. 'The Woman's Field Guide to Exceptional Living' is one way for me to reach more women with the message, 'Don't waste another minute. Begin today!'"

**About The Woman's Field Guide to Exceptional Living**

"The Woman's Field Guide to Exceptional Living" was published by Morgan James Publishing in 2008. Within two months of publication, it was chosen as a Notable Read in the premier publication for independent booksellers, a Finalist in The Indie Excellence Awards, an official nominee for the prestigious Ethan Awards, and made the top-ten seller status with Morgan James Publishing. Learn more about "The Woman's Field Guide to Exceptional Living" by calling 828-859-9578 or visiting <http://www.womansfieldguide.com> - a content-rich website for women. The site features book excerpts and news, a place to learn about inspired women at Spotlight on Exceptional Women, access to free articles, a free download to the guidebook

"Crafting a Personal Retreat" and opportunities to sign up for women's self-care retreats and coaching.  
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