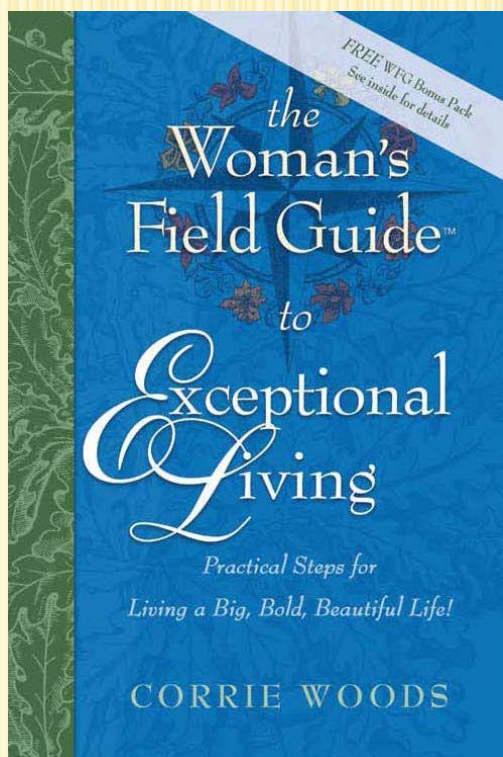


The Woman's Field to Exceptional Living is beautiful to look at and a pleasure to hold. The real treat however comes within its pages as Corrie Woods presents nurturing and practical suggestions for stepping out of the ordinary and into your fullest life."

Victoria Moran, author of *Creating a Charmed Life*

Recipient of Nine National Awards

- 🌿 Silver Winner 2009 **Nautilus Book Awards**: Small Press Category
- 🌿 Finalist **Foreword Magazine 2008 Best Book of the Year**
Award: Body / Mind / Spirit
- 🌿 Silver Winner 2009 **Mom's Choice Awards**: Women's Issues
- 🌿 Finalist **National Best Books 2008 Awards**: Women's Issues
- 🌿 Finalist **National Best Books 2008 Awards**: Self-Help / Motivation
- 🌿 Finalist **National Indie Excellence 2008 Awards**: Women's Issues
- 🌿 Finalist **Next Generation Indie Excellence 2009 Awards**: 3 Category Winner: Women's Issues, Self-Help, Inspiration



The Woman's Field Guide to Exceptional Living:

Practical Steps for Living a Big, Bold,
Beautiful Life!

By Corrie Woods

Phone: 828-713-6586

Email: corrie@womansfieldguide.com

Web: www.womansfieldguide.com

Fresh, provocative, playful! A delightful bag of tools for designing and living the kind of life you truly want to live.

Susan Jeffers, Ph.D. best-selling author of *Feel the Fear and Do It Anyway* and *Life is Huge!*

 **Midwest Book Reviews / Small Press Bookwatch**

"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.

 **Your Fabulous Life**, Stella L'Eclair, reviewer

Short and to the point!

When you've read a few self development or life coaching books, some themes start repeating themselves - like all the stuff about issues holding you back, why you need to move forward, what you'll lose if you don't let go of the past etc. But here you got a book that skips all that and instead jumps straight to what you should *do*. Good work, Corrie Woods!



Imagine a book that is both playful enough to make you smile and powerful enough to invite you to dig deep. Imagine that you could read just a few pages in the midst of your busy whirlwind life and the words would help you to move through your day in a more grounded, joyful way. And, imagine this, a book lightly laced with enchanting illustrations, sprinkled with open space to journal and reflect, and small enough to tuck into your purse.

The award-winning book, *The Woman's Field Guide to Exceptional Living*, by Women's Life Coach and author Corrie Woods, offers this and so much more.

www.womansfieldguide.com

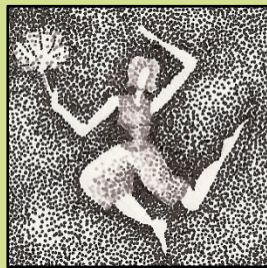
You cannot think your way to bold living. It comes with actions, large or small, so get out of your head.

Excerpt from *The Woman's Field Guide to Exceptional Living*

It's a little guidebook designed for women on the go who are yearning to live more joyful, fulfilling lives. 179 pages, 5 by 7 ¼ format, 49 original illustrations.

Chapter titles include:

- Make Your Life a Celebration
- Stand in the Spotlight
- Self-Courtship – Love Thy Self
- Making Mud Pies
- Invite Others Over to Play
- A Change-Savvy Woman
- Touchstone Living



Corrie Woods is an internationally recognized advocate for women's self-care as a coach, inspirational speaker and wellness retreat leader. Her work and her passion center on supporting women in designing and living lives they love.

Corrie shares her call for practicing exquisite self-care in a variety of ways: through one-on-one coaching, her signature self-care retreats and workshops, tele-classes with international participation, as an inspirational speaker and through her writing and web presence.

She was the official "self-care coach" for the 2008 Time for Our Power Conference in Asheville, N.C., where she shared her message from the stage with such notables as Jane Fonda.