



A Weekend to Change Your Life: Find Your Authentic Self After a Lifetime of Being All Things to All People

Joan Anderson

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New York Times bestselling author Joan Anderson gives women practical advice and inspiration for building creative, independent, and fulfilling lives through discovering who they truly are and who they can be. Joan Anderson's bestselling *A Year by the Sea* revealed a far larger than expected constituency, in the form of thousands of women struggling to realize their full potential. After years of focusing on the needs of others as a wife and mother, Anderson devoted a year to rediscovering herself and reinvigorating her dreams. The questions she asked herself and the insights she gained became the core of the popular weekend workshops Anderson developed to help women figure out how-after being all things to all people-they can finally become what they need to be for themselves. *A Weekend to Change Your Life* brings Anderson's techniques to women everywhere, providing a step-by-step path readers can follow at their own pace. Drawing on her own life and on the experiences of the women she meets at her workshops, Anderson shows women how to move beyond the roles they play in relationship to others and reclaim their individuality. Through gentle instruction, she illuminates the rewards of nurturing long-neglected talents, revitalizing plans sacrificed to the demands of family life, and redefining oneself by embracing new possibilities.

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