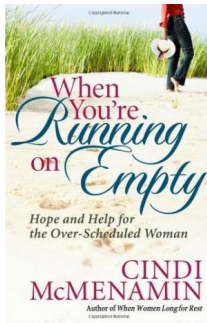


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WHEN YOU'RE RUNNING ON EMPTY: HOPE AND HELP FOR THE OVER-SCHEDULED WOMAN



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