



## Tall Glass of Water- Rehydrating the Dry Places Within Your Life (Paperback)

By Gail Crowder

G.A.I.L. Publishing, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Tall Glass of Water is a useful tool for any woman who can admit that she needs help putting her life into balance. Water is vital to sustaining human life. It plays a major role in our physical body's respiration, digestion, elimination, metabolism and homeostasis -- which is basically the balance of all the major systems. Without adequate amounts of water, dehydration begins and can be life-threatening. Gail Crowder offers practical tips to rehydrate those dry places that have shown up in your life because your energy is drained and your creativity has dried up while attempting to be everything to everybody all the time . In A Tall Glass of Water, she acknowledges that the task of wearing multiple hats simultaneously can be very overwhelming for a woman. After sipping, gulping and sometimes choking on her own glass of water during her own life's journey trying to be the consummate wife, mother, lover, daughter, sister, friend, employee and entrepreneur, Gail offers principles that have been proven to succeed. Are you dizzy from the...

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### Reviews

*The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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*Thorough guide! Its this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger create this publication.*

-- **Prof. Lela Steuber**