



# Beyond Better Development Publishes E Book

Beyond Better Development, June 25, 2005

URL: <http://www.pr9.net/home/family/1856june.html>

*Barbara White, of Beyond Better Development, has published an E book entitled "Discovering and Celebrating Your Uniqueness"*

PR9.NET June 25, 2005 - Barbara White, of Beyond Better Development, has published an E book entitled "Discovering and Celebrating Your Uniqueness"

The book was written to help people get out a rut in their life which can be caused by a life of busyness, and becoming totally absorbed in the day to day routines of living. This often occurs during the time of life when family and the demands of work become so great that people forget to take time out for themselves. Barbara White was quoted as saying "Many people experience a sense of losing who they are as a person during this time. They spend all their time and energy meeting the needs of others that they lose themselves in the process" Barbara White decided to write this book, to help others to benefit from her own experience. She describes in the book how she was able to turn her life around, and experience fulfillment and happiness, by applying a few simple principles. "Having spoken with many people," Barbara White said, "I realized that this was a common experience, especially for mothers raising several young children, and working women with high stress jobs."

For more information and to purchase this book, visit the Beyond Better Development Website <http://www.livingbeyondbetter.com>

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## About Beyond Better Development

Beyond Better Development is dedicated to motivate and empower people towards excellence in their personal and professional lives. Beyond Better Development provides training and keynote presentations in motivation and interpersonal skills. We enable individuals and organizations to deepen their understanding of their uniqueness, equipping them with skills to bring about positive personal growth, creating extraordinary results. Beyond Better believes that motivated, skilled, and empowered individuals create motivated, skilled, and innovative organizations with a reputation for excellence.

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