



Tall Glass Of Water- Rehydrating the dry places within your life

Gail Crowder

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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 dehydration due to the pressures pushing and pulling you in all directions? Be honest with yourselfare you overwhelmed? Do you wish for more hours in the day? If so, immerse yourself in the pages of this book, soak up the theory and principles, and your refreshing will begin.....Gail generously pours out the best practices for setting your life into balance. Drink at your own pace. Feeling a little thirsty? Remember..... nothing quenches thirst like A Tall Glass of Water.

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