



Success Without Stress: Simple Steps to Finding Calm for Women Business Owners

Teri Scheinzeit

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Are you an overwhelmed business owner?

Do you ever say, “I can only do ten things at once!”

Is your “to-do” list the length of ninety cosmetic counters at Macy’s?

Is “down time” riding in the elevator on the way to your next meeting?

If this sounds familiar, *Success Without Stress* is the book for you and your overwhelmed friends. It’s full of smart, effective strategies to “calm the hell down!” The writing is fun, informative and snappy. It’s like a big sister sharing her inside secrets to success.

Do you know that you can actually make more money with less stress? You’re not successful because you’re able to go in five directions at once. You’re successful in spite of it. The calmer and more grounded you become, the more success you’ll experience. You’ll have the presence of mind to make decisions thoughtfully, communicate clearly, and build your business purposefully.

The chapters in the book are short. You’ll have time to read them. Learn a new technique at lunch and try it out in the afternoon. Find a chapter that resonates while waiting in your client’s reception area. Then give it a whirl in the meeting. Read a chapter in the bathroom. When you leave, wearing your power lipstick, test-run a new strategy on your staff.

The book is designed to develop new habits. For example, how do you fire an abusive client with grace? How can you organize your schedule so you feel accomplished at the end of the day? How about learning to keep a professional distance between you and your employees?

You deserve a life. A good one. Having a business doesn’t mean you need to give that up. Isn’t it time to reduce feeling overwhelmed? Once you master the techniques in *Success Without Stress*, you’ll achieve more success and make more money. Oh, and be happier.

Reviews

“Success Without Stress is a marvelous, easy-to-read compendium of Teri’s sage advice. This book offers practical tips that not only improved my business, but my quality of life. Teri really knows what she’s talking about!” — Helena Binder, Opera Stage Director

“Smart, funny, practical and relevant, Success Without Stress is a book you cannot miss. Thank you Teri Scheinzeit for reminding women everywhere that the path to success doesn’t have to consume your life. It can feed your soul.” — Susan Sparks, Senior Pastor, Speaker and Author

“Baked inside Teri’s comforting and validating words are nuggets of wisdom you crave. You won’t even notice you’re eating them until after the meal, when you say to yourself, “That’s exactly what I needed.” — Valerie Ciptak Viera, President of Sprigs Activeware Accessories

Teri Scheinzeit

Teri is a business coach, author and speaker. She's a gold medal recipient for Mentor/Coach of the Year from the Stevie Awards, an organization honoring successful women executives and entrepreneurs worldwide. Prior to coaching Teri built and sold a corporate communications design firm in NYC. Teri loves empowering women professionals to thrive in their careers.

For information about Teri's coaching programs and speaking events, visit www.savvybizowner.com.

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Merideth Davis:

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Dora Campfield:

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Robin Holloway:

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