



Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose

Kathy Caprino

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More and more women who are outwardly ""successful"" in their professions have awakened to the realization that their work is no longer positive, meaningful, or productive in their lives. Kathy Caprino's groundbreaking book sheds light on this growing epidemic of disempowerment that professional women face and offers a way out.

To help these women in crisis, ""Breakdown, Breakthrough"" begins where other coaching and self-help books leave off. Using a comprehensive therapeutic, coaching, behavioral and spiritual framework, it looks at the traits, characteristics, and patterns that contribute to these disempowerment syndromes, and it explains how women can navigate successfully through these crises.

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