



What Makes Women Happy

Fay Weldon

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What Makes Women Happy Fay Weldon

With inimitable wit and insight, this encouraging tome humorously leaps into what makes women happy and what women can do to lead more rounded and balanced lives. Women can learn how to tackle anxiety, envy, guilt, and other sources of female stress, while giving in to indulgences and desires like sex, food, friends, family, shopping, and chocolate. Chapters contain sassy morals, illustrative and sympathetic stories, and a lot of frank advice to show women how to stop obssessing and feeling bad about themselves. Later chapters confront the four horses of a woman's apocalypse: despair, depression, isolation, and self-doubt.



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