



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

By 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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Editorial Review

From the Publisher

Praise for **Breakdown, Breakthrough**

"The flow between riveting true stories and the lessons learned from them makes this book not only impossible to put down but a must-read for women at any age and any stage in their careers."

--Sharon Jordan-Evans, executive coach and co-author of *Love It, Don't Leave It: 26 Ways to Get What You Want at Work*

"A great resource for any woman contemplating a career change that validates her self. I especially liked the combination of the psychological thought processes along with the concrete steps to make the change. The experiences of others who have been through it is very helpful as well."

-- Nancy Mark, former Director, Lotus Development, and former Senior Manager, IBM

"Kathy invites the reader to reveal what already lives inside and gently guides the reader to realizing her dreams. What makes Kathy's book even more powerful is her willingness to share and expose her personal experiences. Suddenly you feel as if you're sitting on your living room couch with your best friend, feeling a little less scared, a bit more confident, and decidedly not alone in your journey."

--Laurie Howlett, Vice President of the Board of Trustees, Westchester Exceptional Children's School, and former Vice President of Marketing, Fortune Magazine Group

"*Breakdown, Breakthrough* does what so many books promise and so few deliver. It tackles a huge issue, recommends solutions, and then provides real, practical tools to get you from where you are today to your breakthrough. Empathic, powerful, and inspiring. Bravo."

--Noah Blumenthal, author of *You're Addicted to You: Why It's So Hard to Change--and What You Can Do About It*

About the Author

Kathy Caprino, MA is a personal and professional coach, psychotherapist, and co-founder of Living in Harmony--The Center for Emotional Health in Connecticut. Living in Harmony is a leading therapeutic center offering a wide range of services from the fields of personal and professional coaching, marriage and family therapy, counseling, psychiatry, and divorce mediation. Caprino now focuses her professional efforts on assisting women in transition through her coaching, therapy, speaking, and writing. She is dedicated to delivering programs that assist individuals and families in reclaiming their lives for greater fulfillment, purpose, and joy. She is a frequent speaker and presenter on thriving through transition, professional reinvention, and healthy parenting and family dynamics.

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Typically the book *Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose* will bring someone to the new experience of reading some sort of book. The author style to explain the idea is very unique. If you try to find new book to study, this book very ideal to

you. The book Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose is much recommended to you to read. You can also get the e-book from your official web site, so you can more readily to read the book.

Elaine Roberts:

Why? Because this Breakdown, Breakthrough: The Professional Woman's Guide to Claiming a Life of Passion, Power, and Purpose is an unordinary book that the inside of the publication waiting for you to snap this but latter it will shock you with the secret the item inside. Reading this book adjacent to it was fantastic author who have write the book in such awesome way makes the content interior easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking technique. So , still want to hold up having that book? If I had been you I will go to the e-book store hurriedly.

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