

*You are invited to a Book Launch*

# TIME POOR SOUL RICH

60 SECOND SOLUTIONS

& other lengthier remedies for busy professional women

**Anne Winckel would be pleased if you are able to join in celebrating as Andrea Tokaji launches Anne's new book, TIME POOR SOUL RICH.**

*(Andrea is a Lawyer and International Human Rights Advocate warring against human trafficking)*

**Where:** TwentyOne Cafe, 21-23 Marcus Clarke Street, NewActon East, Canberra

**When:** **Sunday 17 May, 3.00pm.**

**What:** You will be able to buy a drink and a snack and a book (if you like!) and Anne will be available to sign copies.

**RSVP:** Please let Anne know if you are able to attend by Friday 8 May.  
*Phone: 0408 519 122*  
*Email: aw@deltapartners.com.au*

[www.annewinckel.com](http://www.annewinckel.com)



# *From the Back Cover*

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*“There is nothing quite like this book, offering hope and wisdom to busy working women...”*

Kara Martin Associate Dean, Marketplace Institute, Ridley College

What is the biggest casualty of your busy life? Is it Creativity? Serenity? Intimacy? Do you have a rich soul despite being time-poor? Or have you lost (or never had) that inner contentment?

TIME POOR SOUL RICH explores 16 casualties of a busy life that can be soul enriching if not ignored. Each chapter provides sixty-second solutions for busy women to re-engage with various casualties of life and so nurture a rich soul. Anne also explores obstacles to soul enrichment such as guilt and self-sabotage.

TIME POOR SOUL RICH combines a light-hearted and whimsical tone with a serious look at the issues that challenge the well-being of professional women.

## **Anne Winckel** BA LLB DipEd LLM

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Anne is a farmer's daughter who planned to be a school teacher but quite unexpectedly ended up qualifying as a lawyer and owning and running a legal recruitment business. However, her two main vocations – education and recruitment – have given Anne 25 years of observing the way we make career plans and then sometimes ignore, or merely survive those plans.

