



Success with Less: Releasing Obligations and Discovering Joy

Karen Mangia

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At the age of 33, Karen Mangia faced an undiagnosed illness - she didn't know what to call it, and neither did a team of five doctors. Despite diet and exercise, she gained weight, lost color in her skin and eyes, watched her energy drain away... Who was she? What was she becoming? And what exactly was wrong with her? Through the confusion, Karen kept working, doing, being and achieving - sacrificing her health, her relationships...herself. A last-ditch trip to an unorthodox doc helped her to face a crossroads in her life - identifying the childhood reason for her poor health - and helping her to turn her life around.

A recovering overachiever, Karen's journey through misdiagnosis left her wondering, "What more can I do?" The key to her success wasn't tied to her determination, her ambition, her relationships - she had to simplify, and adopt a powerful new formula for creating a life without regrets. A simple realization led her to a three-step process that has transformed her life, her relationships and her health.

Success With Less provides the reader with insight into relationships, career management, health, diet and wellness - because Karen discovered a powerful formula that simplifies the tough stuff. Her journey is one of candid ups and downs: from accomplishment to disappointment, confusion to insight, and ultimately, a simple life-altering formula that anyone can grasp.

Success might be best defined as that elusive something that's always out of reach. But what if having more started with doing less? Beyond just a minimalist approach to life, this book describes how to have less of the self-created labels and obligations that keep you from being who you were meant to be. "Less" is about choosing the things that really matter (and remove the obligations that don't). What's left over is a new definition of success - a success that's within your grasp.

For every woman who has ever believed it was her job to please others, to keep the peace, and to keep trying no matter what life offered, this book stops the noise.

From a place of clarity, Karen provides the guidance that we all need to get through the crossroads we all face. For your career, your relationships, your health and your life: what you really need is less than what you imagine. And you won't find what's missing by striving, racing, acquiring and struggling. That's because what you need is inside of you, right now. And this book will show you how to find it.

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