



# The Weekend Makeover: Get a Brand New Life By Monday Morning

*Jill Martin, Dana Ravich*

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Every woman has at some point felt overwhelmed, overworked, and overtired. She knows she'd feel better if she could just organize her office, get her butt to a yoga class, or finally plan that vacation she's been desperate to take. However, the idea of taking an afternoon or even a few hours for herself seems selfish. Jill Martin and Dana Ravich argue that "me" time is essential to living a more balanced, stress-free life, and show readers how to do this without feeling guilty.

Packed with entertaining anecdotes and sprinkled with clever illustrations, *The Weekend Makeover* offers a collection of life-altering makeovers for body, mind, and spirit that can be accomplished in just 48 hours, such as: The Relaxation Makeover, The Romance Makeover, The Clutter Makeover, and the Refrigerator Detox Makeover.

Each makeover tackles not only the nitty gritty details (like how to stock one's pantry with nutritious essential or the best ways to get rid of old paperwork), it also guides readers into the right mindset to make the changes stick so that all it takes is one weekend to make, execute, and apply a foolproof plan to get life on track by Monday morning.

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