

FOR IMMEDIATE RELEASE

February 22, 2017 | Rhinebeck, NY

Visit <http://www.ana-barreto.com/press> for contact details, review copies, photos, and full author bio.

WOMEN, RICE AND BEANS

Brazilian-American Author Ana Barreto Releases Self-Help Book for Women Who Are Overwhelmed With Their Daily Life

The book is an inspiration for working mothers and any woman who is ready to find more meaning in her life.

About the book:

Women too often are overwhelmed with long to-do lists while raising a family, working long hours, and helping everyone. Putting everyone and everything before ourselves is a behavior we've learned from our mothers and the women around us. We also teach it to our daughters. The book "Women, Rice and Beans" shows women how to pay attention to wisdom in our daily lives and learn to live a more balanced, happy and loving life. In fact, the title stands for women and everyday life, "rice and beans" are a daily part of the Brazilian culture and cuisine.

In this inspirational self-help guide, Ana Barreto shows readers how to achieve serenity. She shares her experiences of spending her childhood in Brazil before coming to the United States and then traveling back to her home country to care for her ailing mother.

Bonding with her elderly mother made Ana reflected on her life and the lives of many women. She learned nine wisdoms—or affirmations—that she shares in her book. The book provides simple exercises for taking care of yourself, meditating, carving out personal space, and reaching for your dreams. She also guides you on using feng shui, Buddhism, and even principles of quantum physics.

The book includes five guided meditation downloads and Brazilian recipes. It will help all mother-daughters relationships, lift you up and give you the courage to reach for what you want in life—staying calm while doing it.

Read more at <http://www.ana-barreto.com/book>

About the Author:

Ana Barreto is a professional and personal development teacher living in upstate New York. Growing up in a strict home in Brazil inspired her to come to the United States and fight for women's rights from a young age.

Like many women, Ana was a stressed-out working mom for many years. She felt as if she couldn't devote enough time to her children or to her career. Using the organic management approach to life allowed her to change. Read more at <http://www.ana-barreto.com/about>.

-ENDS-