

FOR IMMEDIATE RELEASE

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Self-Trust

American Author Ana Barreto from Rhinebeck, N.Y. Releases Self-Help Book to Help Women Stop Self-Sabotage Their Careers and Heal Burnout

Inspirational Self-Help book shows how building self-trust heals burnout, stops the self-sabotage, and helps women live their lives on purpose. The book is a guide for any woman who is ready to be loyal to herself regardless of what is happening around her.

About the book:

In this inspirational self-help book, Ana Barreto invites the reader to be part of a wider conversation about women and their work. She opens the floor to break away from the established mindsets women and men have, which are leading them to self-sabotage their accomplishments and leading to burnout.

In the book, the author unmask the stress factors working women experience that causes them to avoid feeling, being and becoming their true selves. Ana Barreto shares hers and other women's experiences to get the reader excited about making the changes they need to make but have not been able to.

Read more at <http://www.ana-barreto.com/books/self-trust>

About the Author:

Ana Barreto is a Brazilian-American teacher, executive, mentor, author, and meditator living in upstate New York. Since attending Marymount College, at that time a women's only college, she has been learning about women's rights and empowerment.

Her passion for women's education, development, and growth led her to study Women's History, Women in Business, Women and Leadership, Meditation, Psychology, Neuroscience and Eastern philosophies. She holds a Bachelor of Science degree in Business Administration and a Master degree in Business Administration.

Ana's mission is to help women find their inner-compass to live a great life through her inspirational self-help books, classes and mentorship programs.

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

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