

# jennifer



A New Book for Busy Women

## How to Take Care of Yourself While You're Taking Care of Others A Happier, Healthier Life Ten Minutes At A Time

Women care for children, husbands, parents, bosses, employees, friends, pets, homes, yards, nearly everything except themselves.

We're letting ourselves go and with serious consequences. Obesity and diabetes in women have reached epidemic proportions. Obesity is a major factor in increased cancer risk, and increased risk of virtually all chronic disease. Heart disease now kills nearly one out of two of us. As our waists increase, so do the statistics for women with Type 2 diabetes. Increased stress has resulted in twice as many women than men suffering from major depression.

How can we possibly have the energy we need to take care of all of our responsibilities unless we make time to take care of ourselves?

Time is a hot commodity these days. *How to Take Care of Yourself While You're Taking Care of Others* gives you 100 different ten minute plans that will bring mental, emotional, physical and spiritual balance to your life.

**Get rid of the excuses. Get rid of the guilt. Make taking care of yourself a priority.**

Busy mom Jennifer Antkowiak, a former TV News Anchor, taps into the expertise of those she's interviewed over 17 years to give you practical, easy-to-use methods for looking and feeling better in ten minute chunks of time.

For more information about the release of *How to Take Care of Yourself While You're Taking Care of Others*, and to give us your best ten minute tips, go to [www.jenniferTVshow.com](http://www.jenniferTVshow.com) and click on the Take Ten with Jen area.

After leaving the news desk one year ago, Jennifer has founded a TV production company and holds the position of Executive Producer and Host of the TV talk show, *jennifer*.

Jennifer has also launched a magazine called *At Home With Jennifer*. As Editorial Director of the publication, she interviews people who make an impact in the Pittsburgh region, writes a personal letter to readers, researches and composes articles, and oversees overall content of the magazine.

And Jennifer's developed new lines of fitness products for busy women and families with Walk At Home creator Leslie Sansone...all this while taking care of a husband, a father-in-law and five young children!

