



My Fringe Hours: Discovering a More Creative and Fulfilled Life

Jessica N. Turner

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Women are tired of getting to the end of the day and realizing they haven't done one thing for themselves. In *The Fringe Hours*, Jessica Turner revealed the pockets of time women already have in their day and encouraged them to use those fringe hours to practice self care and do the things they love. Now she's ready to take readers a step forward, leading them through their own inspiring journey to a changed life.

Equally practical and beautiful, *My Fringe Hours* offers busy women both inspiration and a space to make its concepts their own. Each section includes thought-provoking questions, space for reflective journaling and planning, and targeted motivation to help them use their fringe hours to live more creative and fulfilled lives.

The perfect gift for the busy woman, this unique, interactive book gives clear guidance on how to begin a practice that will change her life.

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