



The Courage to Be Yourself: A Woman's Guide to Emotional Strength and Self-Esteem

Sue Patton Thoele

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Completely revised and updated, and with a new introduction, *The Courage to Be Yourself* helps women enhance their self-esteem and tap into their core emotional strength. In this special edition, Thoele continues her quest to provide the necessary tools to help women transform their common fears into the courage to express their unique authentic selves. By using concepts and examples in the pages of her book, women become aware of their fears and learn to overcome them. Freed from the shackles of fear, they can then give themselves permission to own their excellence and live up to their highest potential.



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