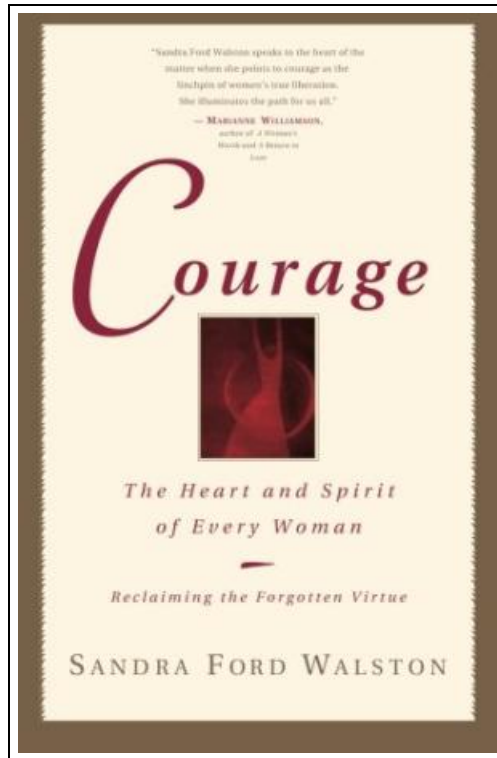


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Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Embrace your courageous spirit! Why do some women have the courage to develop their full potential, fight injustice, embrace faith, and choose their own path? Are they the exceptional few, or can every woman claim courage to live life on her own terms? Sandra Ford Walston, a nationally renowned international speaker and courage coach, believes that courage is part of every woman's heart center. By returning to the original definition of courage-the Old French corage, meaning heart and spirit -she shows how this ancient female virtue fits in our world today, and reveals why recognizing ourselves as courageous women is vital to knowing who we are and living life to its fullest. Historically, the virtue of courage and the actions of everyday women have not been validated or honored. Courage modernizes that perspective by offering inspirational stories about how reclaiming courage has changed the lives of many women. Providing a Three-Step Process for Integrating Courage, this book outlines a blueprint for change and growth. Drawing from your forgotten, yet unlimited reservoir of courage, the process teaches you how to design your own action plan. Beginning by looking deep within for patterns of behavior you exhibit every day, you'll learn to - Stop living in the shadow of lost opportunities - Overcome humiliation and confront abuse - Hurdle obstacles and embrace risks - Change your language to change your life - Make conscious choices to live your dream - Raise your daughters to live courageously Sandra Ford Walston is a woman who has embraced her own courage and transformed her life. In *Courage: The Heart and Spirit of Every Woman*, Sandra will be your guide as she shows you, your daughters, your...



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