



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

Sue Patton Thoele

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Geared to women who too often find themselves meeting the wants of others at the expense of their own needs, *The Courage to Be Yourself* provides necessary tools to help readers transform their fears into the courage to express their own authentic selves. By sharing her own journey and the journey of other women, Sue Patton Thoele helps readers learn to set boundaries, change self-defeating behavior patterns, communicate effectively, and, most importantly, become a loving and tolerant friend to themselves.

This new edition replaces older edition 9781573245692 .

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