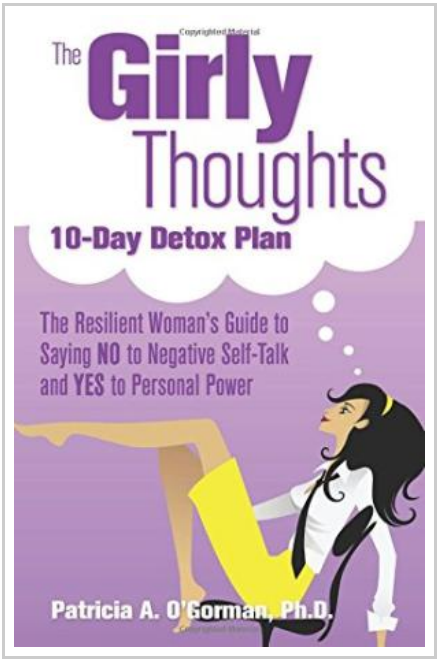


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The Girly Thoughts 10-Day Detox Plan: The Resilient Woman s Guide to Saying No to Negative Self-Talk and Yes to Personal Power (Paperback)

By Patricia A. O Gorman

HEALTH COMMUNICATIONS, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Every woman alive struggles with self-doubt, which is often brought on as she strives for the impossible society s version of perfection and the harder she tries to meet those expectations, the harder her girly thoughts work to convince her she is a lost cause. Psychologist and resiliency coach Patricia O Gorman, PhD, has created the definitive detox program that will change everything for women the feminist in her 70s, the corporate executive in her 60s, the small-business owner in her 50s, the divorcee in her 40s, the young mother in her 30s, and the newly minted college graduate in her 20s. This follow-up book to The Resilient Woman: 7 Steps to Personal Power is a guide for every woman who has ever let that negative inner voice girly thoughts rob her of her personal power and tell her counter-productive things like: You are too smart or too assertive to be desirable. You are too heavy, skinny, or busty to be attractive. It s your fault your husband had an affair. You need to worry about others, not yourself. This practical...

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