



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

*Sue Patton Thoele*

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

Sue Patton Thoele continues her quest to help readers enhance their self-esteem and tap into their core emotional strength. Geared to women who too often find themselves meeting the wants of others at the expense of their own needs, the book 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, Thoele helps readers learn to set boundaries, change self-defeating behavior patterns, communicate effectively, and become a loving and tolerant friend to themselves. This tenth-anniversary edition contains 30 percent new material, including a new introduction.

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