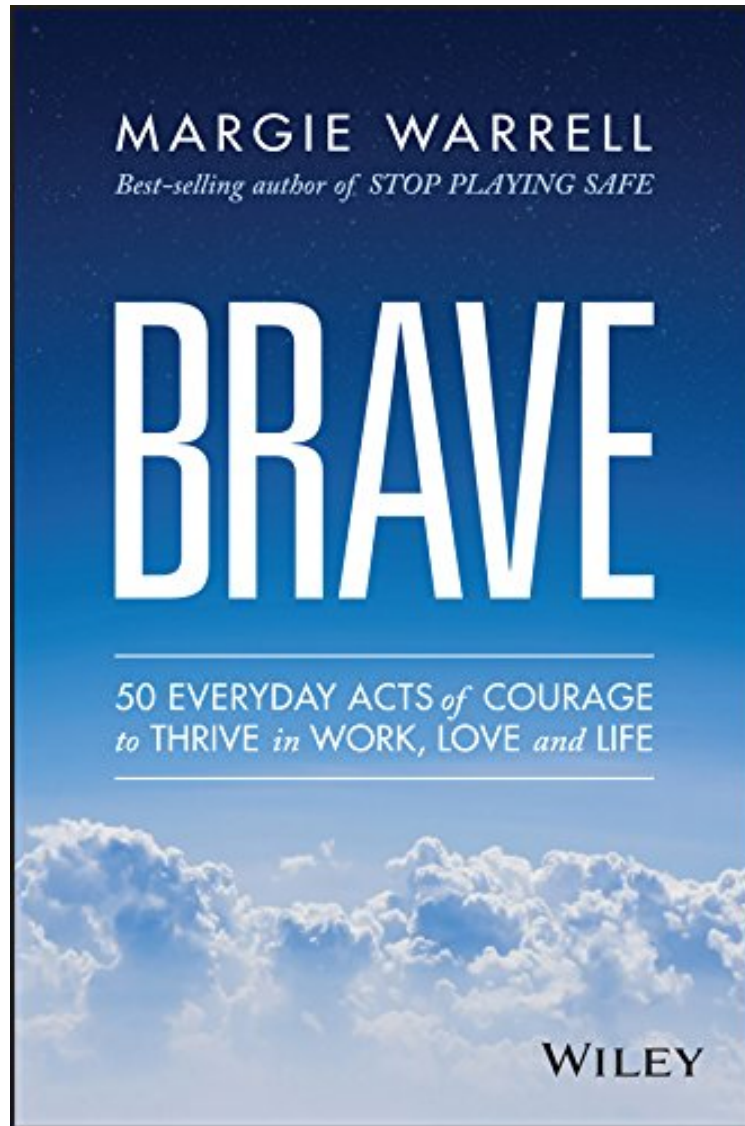


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Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life

Margie Warrell

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Margie Warrell : Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life:

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In a wonderful, energetic, straight-forward manner, Margie Warrell's BRAVE presents counsel that is easy to absorb and then to apply to whatever situation life puts you in. It's a terrific book full of reminders of the strengths you may have forgotten you had; and it reinforces for you that you do in fact have the ability to put those powers to work and bravely take on all that's on your plate; both the 'have to's' and the 'want to's'. Read it today!
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By RosalieLove
Love this book, so much, I gave copies to my coaching clients. Everyday support for being your best.

Live every day with greater clarity, confidence and courage. Brave is a handbook for being more courageous. Written for busy people on the go, its short, focused chapters provide practical tools and empowering perspectives to help you build your 'courage muscles' in your work, relationships and life. Drawing on her background in business, psychology and coaching, author Margie Warrell will guide you in moving past the fears, doubts and beliefs that keep you from making the changes, and taking the chances, you need to enjoy the fulfillment and success you desire. Courage is a habit. Practicing it daily, even in quiet small ways, unlocks new possibilities, creates new opportunities, grows your influence and enables you to meet your challenges with more resilience and self-assurance. So whether you're stuck in a rut, struggling in a relationship, overwhelmed by your daily juggling act or uninspired about your future, Brave will provide you with a regular dose of positive and practical inspiration to: Clarify what 'success' truly means to you, and be more purposeful in your daily efforts to achieve it Speak up with greater confidence, and be more assertive in dealing with difficult people, getting what you want and changing what you don't Define the person and leader you aspire to be, become more resilient under pressure, decisive in uncertainty and adaptable to change Scrap the excuses (your age, education, gender, busyness or children) that sabotage your future actions Dare more boldly, passionately pursuing the goals that inspire you most, no matter how daunting Courage begets courage. You build it every time you choose to leave the safety of your comfort zone for the sake of something more important. Day by day, brave action by brave action, you can Brave within you to create a life rich in all that you seek. If you want to live your life more powerfully and purposefully, this book will become your trusted companion.

From the Back Cover
What would you do today if you were being BRAVE? Courage begets courage. It's a habit. Doing something brave every day-no matter how small-unlocks new possibilities and grows your 'courage muscles' to thrive in your work, relationships and life. Drawing on her background in business, psychology and coaching, best-selling author Margie Warrell guides you past the fears that keep you from making the changes and taking the chances to create your ideal life. Learn how to shape your circumstances so they don't shape you. The everyday acts of bravery in this book will empower you to: Overcome your fears, uncover your passion and trust your intuition Speak confidently, with greater authenticity and influence Fail forward, risk rejection, and bounce back faster Be more resilient in tough circumstances and with difficult people Quiet your inner critic, take more chances and dare more boldly In today's uncertain times, fear can unconsciously direct our lives. Start small, dare big, and begin today to live with greater purpose, passion and courage.
About the Author
MARGIE WARRELL provides leadership, communication, and courage-building programs for organisations including NASA, UN Foundation, AOL and Accenture. As a columnist for Forbes and Huffington Post, her advice is featured throughout leading global media. Margie is also a mother of four children.