



# The Woman's Book of Confidence: Meditations for Strength and Inspiration

*Sue Patton Thoele*

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## **The Woman's Book of Confidence: Meditations for Strength and Inspiration** Sue Patton Thoele

Freshly minted look, from the beloved author of *The Woman's Book of Courage*. Sue Patton Thoele has written a dozen books, sharing the wisdom of her own life and her practice as a therapist. Women of all ages will find reassurance, humor, and stories that help them access the confidence they need to make their lives and dreams their own.

Thoele encourages us to weave a safety net, befriend our fears and see what we can take away from them, become our own parent when we need one, accept what is, and change what we can. These brief meditations, read daily, help reclaim dreams, tap into your intuitive wisdom, and find the strength to live fearlessly each and every day.

Confidence is not some big, abstract “out there” thing, accessible only to movie stars, brainiacs, and billionaires. It’s the stuff daily life is made of. Sue Thoele inspires and encourages us to find and grow our own confidence.



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