

REMOVE THE MASK!

LIVING AN AUTHENTIC LIFE

Twenty-five consultants, professional coaches and seminar leaders provide powerful tips involving self-awareness, assertiveness, and living a life of purpose.



Self-Encouragement ~ Living Your Vision

Increasing Self-Confidence ~ Sharing Your Feelings

Overcoming Fear & Anxiety ~ Dealing with Adversity

Remove the Shame! Overcoming Guilt and Low Self-Worth

Go for It! Achieving Personal Goals ~ Learning to Say “No”

Edited by

Linda Ellis Eastman

Founder of The Professional Woman Network