

SELF-ESTEEM & EMPOWERMENT

for Women

Twenty-five successful, professional women share their powerful tips for self-confidence, positive attitude, and stress management

~ Eliminating Chaos ~

~ Ten Strategies for Increased Self-Esteem

~ Assertiveness Skills ~ Living a More Peaceful Life

~ Overcoming Hurt and Grief ~ Dealing with Personal Stress

~ Your Childhood-How it Impacts Your Adulthood

~ Letting Go of the Need to be Perfect

~ Developing a Positive Attitude

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