



The Girly Thoughts 10-Day Detox Plan: The Resilient Woman's Guide to Saying No to Negative Self-Talk and Yes to Personal Power

By Patricia A. O Gorman

HEALTH COMMUNICATIONS, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Every woman alive struggles with self-doubt, which is often brought on as she strives for the impossible society's version of perfection and the harder she tries to meet those expectations, the harder her girly thoughts work to convince her she is a lost cause. Psychologist and resiliency coach Patricia O Gorman, PhD, has created the definitive detox program that will change everything for women the feminist in her 70s, the corporate executive in her 60s, the small-business owner in her 50s, the divorcee in her 40s, the young mother in her 30s, and the newly minted college graduate in her 20s. This follow-up book to *The Resilient Woman: 7 Steps to Personal Power* is a guide for every woman who has ever let that negative inner voice girly thoughts rob her of her personal power and tell her counter-productive things like: You are too smart or too assertive to be desirable. You are too heavy, skinny, or busty to be attractive. It's your fault your husband had an affair. You need to worry about others, not yourself. This practical...



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