



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

Margie Warrell

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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.

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From reader reviews:

Rose Waldman:

Book is to be different for every grade. Book for children until adult are different content. As it is known to us that book is very important for all of us. The book Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life had been making you to know about other knowledge and of course you can take more information. It doesn't matter what advantages for you. The book Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life is not only giving you more new information but also to become your friend when you truly feel bored. You can spend your own spend time to read your reserve. Try to make relationship using the book Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life. You never truly feel lose out for everything in the event you read some books.

William Oden:

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Charles Howell:

A lot of people always spent their very own free time to vacation or even go to the outside with them household or their friend. Do you know? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you want to try to find a new activity this is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent all day every day to reading a book. The book Brave: 50 Everyday Acts of Courage to Thrive in Work, Love and Life it doesn't matter what good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

Jesse Hooker:

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