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is a classic, a masterpiece,  
yet it is so honest that  
each time you read it, it  
speaks with a fresh, new  
voice. Hugh Prather, author



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Geared to women who too

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often find themselves meeting the wants of others at the expense of their own needs, THE COURAGE TO BE YOURSELF provides necessary tools to help readers transform their fears into the courage to express their

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own authentic selves. And

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Courage To Be Yourself New  
Edition: A Woman's Guide to

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The Courage to Be Yourself:  
E.E. Cummings on Art, Life,  
and Being Unafraid to Feel

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“To be nobody-but-yourself – in a world which is doing its best, night and day, to make you everybody else – means to fight the hardest battle which any human being can fight.”

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The Courage to Be Yourself:  
E.E. Cummings on Art, Life

Life is so much better when you just are who you are. Let yourself be, quit judging yourself and the path you're on. Find

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Figure out what YOU like to do, how YOU like to dress, do the type of work that feeds your soul.

It takes a lot of courage to be who you are...psychic medium, gay, the black sheep of the family.

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Having the courage to be yourself means doing something despite the uncertainty of the outcome. It means believing in your

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abilities. It also means  
being able to take full  
responsibilities For your  
actions and having total  
control over your life.

Courage is a very important  
human virtue that can enable  
you achieve anything that



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you want in life.

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Having the courage to be original really means being brave enough to be yourself.

Certainly this can seem

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exhausting and scary as hell, because to really live as you are means opening yourself up to the judgement of others.

Learning How to Have the  
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Rewired ... Strength And

Finding the courage to  
become your true self is a  
liberating process ! It may  
be scary ... but do it anyway  
;) Leave Normal Behind,  
become the best version of  
yourself, and create things

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How To Have The Courage To Be Yourself | by Rob Fajardo

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Home. Pale Blue Dot by Carl Sagan “Look again at that dot. That’s here. That’s home. That’s us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out

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their lives. The aggregate of our joy and suffering ...

Courage To Be Yourself

“You have to have self-respect and faith in yourself to cultivate the courage to commit to your

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endeavours even when no one, including family members, is by your side and neutralizing the negative influences in your life.” – Itayi Garande, Broken Families: How to get rid of toxic people and live a

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Strength and Self-Esteem  
(Self-help Book for Women,



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Self-compassion, Personal Development, and Readers of Love Yourself First)

Paperback - Download: Adobe Reader, January 1, 2016. by. Sue Patton Thoele (Author)

The Courage to Be Yourself:

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A Woman's Guide to Emotional

••• Self Esteem Sue Patton

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Being yourself is the best thing that you can do for you and those you love. It is when you are the truest version of yourself when you are perfectly aligned with

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the things that are most important to you. It is my sincere hope that you find the courage to continue to be yourself and shine your light as you walk through your path of life.

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The Courage to Be Yourself:  
A Woman's Guide to Emotional  
Strength and Self-Esteem.

Sue Patton Thoele continues her quest to help readers enhance their self-esteem and tap into their core emotional strength. Geared

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to women who too often find themselves meeting the wants of others at the expense of their own needs, the book provides necessary tools to help readers transform their fears into the courage to express their own authentic

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...

Yes, it takes a lot of courage to be yourself, copying others is way



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easier. Consequently, you will inevitably meet people, who will try to tear you down just because you have made a choice to embrace your authentic self. My answer to such people is: In the world full of copycats

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the expression "You are weird" is a complement to me.

## Thoele

It Takes Courage To Be Yourself, Copying Others Is Easy

The colour black itself is

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one of the boldest, and to be a daily cross-dresser requires the same qualities. To present oneself femininely every day, everywhere you go, brings a lot of new challenges that take courage to overcome.

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Having the courage to be yourself expressing your truth with authenticity is still one of the main

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challenges of our time. Even if the modern culture seems to suggest to "be yourself," or to "be authentic," this is not easy because it means listening to our core without fear, and it has nothing to do with comparing

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yourself to others to look different.

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A man who makes his road by walking it. There is an old image in stories of people burying their heart under a



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tree so they can acquire more power without the pain. I want nothing to do with that. My purpose is to give em hell by way of heaven.

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