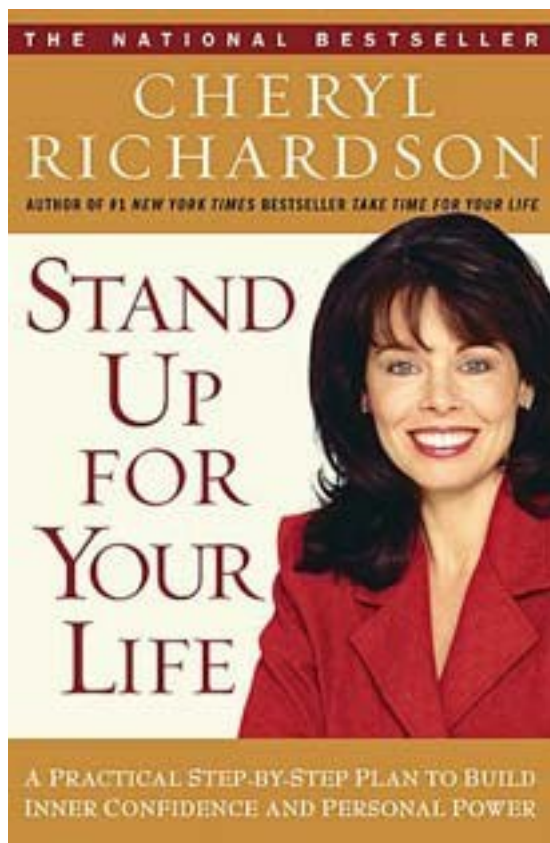


Stand Up For your life



[Stand Up For your life_ 下载链接1](#)

著者:Cheryl Richardson

出版者:Simon&Schuster New York

出版时间:2002

装帧:Hardcover

isbn:9780743226509

作者介绍:

Cheryl Richardson is the author of the New York Times bestselling books "Take time for your life and life makeovers", which won the Motivational Book Award in 2000. Her work has been covered widely in the media, including numerous appearances on The

Oprah Winfrey Show.

" In this book I'll tank you on a journey that will provide you with new" self-honoring" strategies to transform your fear and self-doubt into power. You'll learn to trust youself. You'll develop the confidence to step out into unkonwn territory so you can realize your greatest potential. "

Charts:

- Know who you are;
- Define your values;
- Stop hiding your power;
- Stand up for yourself;
- Build your courage muscles;
- Pass up good for great;
- Center your life around your values;
- Contribute to others in a meaningful way.

目录:

[Stand Up For your life_下载链接1](#)

标签

Richardson

Cheryl

你已经买过这本书了

kindle

PersonalGrowth

2017Q2

2017

评论

do u know who u r?

[Stand Up For your life_ 下载链接1](#)

书评

[Stand Up For your life_ 下载链接1](#)