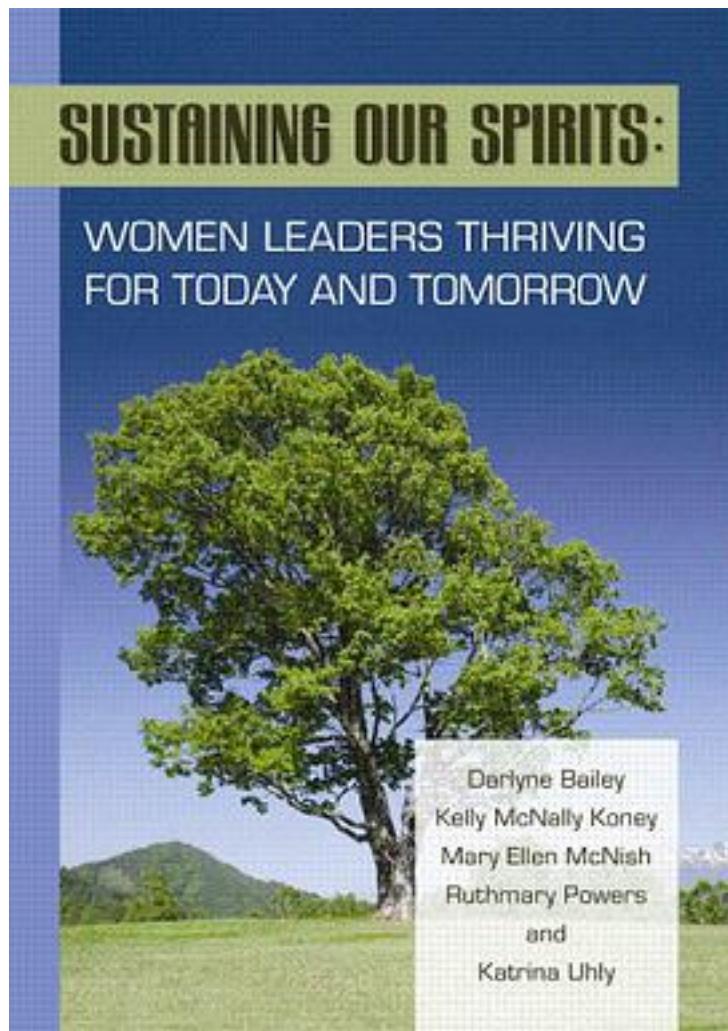


# Sustaining Our Spirits



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How can women claim their voice and create spaces for authenticity, integrity, and

courage in leadership?

The NASW Press is proud to announce *Sustaining Our Spirits: Women Leaders Thriving for Today and Tomorrow*. This title promises to deliver an unconventional exploration of women in leadership. The premise of the book is based on a five-year examination of interconnectedness among women, leadership, and spirituality, involving women from a variety of sectors, backgrounds, and ages (20s through 60s). Topics covered include patterns of power, social grounding, coping mechanisms, and adaptability.

This title is useful in the study of Management and Leadership, Business Education, Organizational Development, and Women's Studies.

Excerpts from the Foreword

*Sustaining Our Spirits* provides an authentic, real-life experience, rooted in research, with perspectives rarely examined in depth. This is a handbook for life's journey for leaders who are women.

The significance of this new book can be celebrated by women everywhere, as they test, absorb, and make the lessons learned their own. This resource is not about theory but about lives fully lived and examined by eminently successful leaders—the great days, the tough days, the lessons applied and generously shared.

We recognize the remarkable spirits, examples, caring, and sharing of the leaders who have written this journey for the journey; all of them demonstrating that leadership is a journey—not a destination. We take their example, make it our own, and marvel at their present success as women of spirit and leaders of significance and achievement who know they are called to shine a light in the darkness of our times.

When we quietly think back upon all of the people, men and women, who encouraged us, helped us along the way, we realize that it was often not an action but the spirit within that communicated faith, courage, strength—an appreciation of who we are as women, as leaders, and who we could be. Called to lead, called to serve, called to change lives. When we change lives, we find that we, ourselves, our own lives, are changed as women, as leaders, and as fellow travelers on the journey to significance, 'sustaining our spirits.'

Frances Hesselbein

Founding President and Chairman of the Leader to Leader Institute (Formerly the Peter F. Drucker Foundation for Nonprofit Management)

Former CEO, Girl Scouts of the USA, New York, NY

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