



Stand Up For Your Life: A Practical Step-by-Step Plan to Build Inner Confidence and Personal Power

Cheryl Richardson

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On this inspirational, informative, and highly entertaining program, taped on-location in historic Worcester, Massachusetts, bestselling author and lecturer Cheryl Richardson teaches you that there are several steps that will lead you to a life of meaning and purpose.

To change your life for the better, you must take a leadership role in your life. Doing so involves (1) developing a strong relationship with yourself, (2) owning the power of your thoughts, (3) creating a strong "inner ally," (4) building your courage muscles, and (5) passing up good for great. As Cheryl says, "When you start allowing great into your life, you can't help but want the same for others."

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