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The components can stand alone, but to achieve the best outcomes, it is recommended that all four components be used together as a comprehensive, integrated treatment program for women.

## Stephanie Covington, Ph.D., L.C.S.W. • A Woman's Way ...

1. Be happy and appreciative of everything you have because women have come really, really far.
2. Smile, especially when people gawk at you and catcall you on the street. Accepting compliments is the polite thing to do.
3. Understand that catcalling and discrimination is just inevitable and is a part of your everyday life. Don't expect that to change.
- 4.

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to become a Taoist nun, and the countless women she has taught to expand their influence, this book offers precise, practical instruction in how to stand in your power, find your voice, and use it well"--

For too long, women have been told to confine themselves—physically, socially, and emotionally. Eliza VanCort says now is the time for women to stand tall, raise their voices, and claim their space. Women fight the pressure to make themselves small in private, professional, and public spaces. Eliza VanCort, a teacher, consultant, and speaker, provides the necessary tools for women to rewrite the rules and create the stories of their choosing safely and without apology. VanCort identifies the five key behaviors of all “Space Claiming Queens”: use your voice and posture to project confidence

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and power, end self-sabotage, forge connections, neutralize unsafe spaces, and unite across differences. Through personal narrative, research, and actionable strategies, VanCort provides how-tos on combatting challenges like antimentors and microaggressions and gives advice for building up your “old girls” club, asking for what you're worth, and owning your space without apology. Bold, fun, and enlightening, this book is birthed from VanCort's incredible story. Having a mother with schizophrenia forced VanCort to learn to be small and invisible at an early age, and suffering a traumatic brain injury as an adult required her to rethink communication from the ground up. Drawing on these experiences, and those of real women everywhere, VanCort empowers women to claim space for themselves and for their sisters with courage, empathy, and conviction because



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“when we rise together, we rise so much higher.”

England Coast

All day, every day, we negotiate: with our friends, spouses, children, boss, customers, and co-workers. A Woman's Guide to Successful Negotiating builds on women's innate skills in professional and personal situations. Drawing upon their considerable experience, as a top corporate negotiator and as an investment banker, Lee and Jessica Miller have developed proven strategies, tactics, and techniques that tap into women's abilities to convince, collaborate and create. The authors feature innovative strategies for negotiating with aggressive men and competitive women. The authors also explore the ten common mistakes women make during negotiations and how to avoid making them. In addition, the book will teach you 3 keys to successful negotiating. Whether

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alike, this lively, information-filled book is just the supportive guide you need to find the right dose to relieve anxiety, depression, and inflammation, and mitigate the onset of dementia and other signs of aging. Plus boost moods, ease aches, even lose weight, and get restful sleep. And a dose just for fun? Well, that works, too! Here's how to navigate the typical dispensary, with its overwhelming options of concentrates, edibles, vape pens, and tinctures. Understand the amazing health-giving compounds found in cannabis—THC, CBD, terpenes, and more—and how to use topicals to reduce pain and give your skin a healthy glow. There's even advice on how not to get high but still reap all the amazing health benefits. Plus over twenty recipes, from edibles like Classic Pot Brownies and Netflix and Chill Caramels to self-care products like Radiant Glow Serum and

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In A Woman's Guide to Pelvic Health a urologist and a physical therapist offer expert and reassuring advice to women. For example, one of every four women suffers from urinary incontinence, the involuntary leakage of urine. Elizabeth E. Houser and Stephanie Riley Hahn want these women to know that they do not have to cope in silence with this embarrassing problem, limit their lifestyle, or spend thousands of dollars on adult diapers. Symptoms involving the pelvic floor, including urinary incontinence, pelvic organ prolapse, and decreased sexual sensation, can occur at any age. A wide range of treatments, such as targeted exercises, nutrition, and acupuncture, as well as medications and surgical approaches, can bring relief. Case studies and illustrations help readers explore the

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then dares you to dream big about what being the head of a woman-owned business can do for you. Find real tools for real women in business. When creating a start-up, it can be difficult to stay the course?to choose yourself and stay motivated on the hardest days. Amé Quiriconi, author and entrepreneur behind the One Broken Mom podcast, has your back. In *The Fearless Woman's Guide to Starting a Business*, learn about:

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