

Self-Help-Health

20 women. 20 incredible stories of challenge and triumph. Although none of these women considers herself "wise," each compelling story allows the sharing of wisdom learned along the way. Each author has been exquisitely honest to allow you to see inside her heart and create a unique sense of knowing. It is in the sharing of that wisdom that we all grow just a little wiser and can smooth our path to turn our stumbling blocks into stepping-stones.

Journey Inward – Inspiration, Exploration, and Reservation
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**Mindful Coaching:
A Process of Fulfillment**
Billie Frances, MA

**Wisdom of the Everyday Yogi:
A Guide to Managing Chronic
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Experience After Another**
Jennifer Hays, PhD

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and Passion into Success**
Vicki D. Jones

**Life/Work Balance
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Deborah Kern, PhD

CHOICES of the Financially Free
Loral Langemeier, MA, CPPC

Freeing the Heart
Naomi Mallinson

**Finding the Gift
that Adversity Brings**
Donna Miesbach

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Kay Ryan, RN, PhD

One Woman's Journey
Elaine Sullivan

**Transform Life-Threatening
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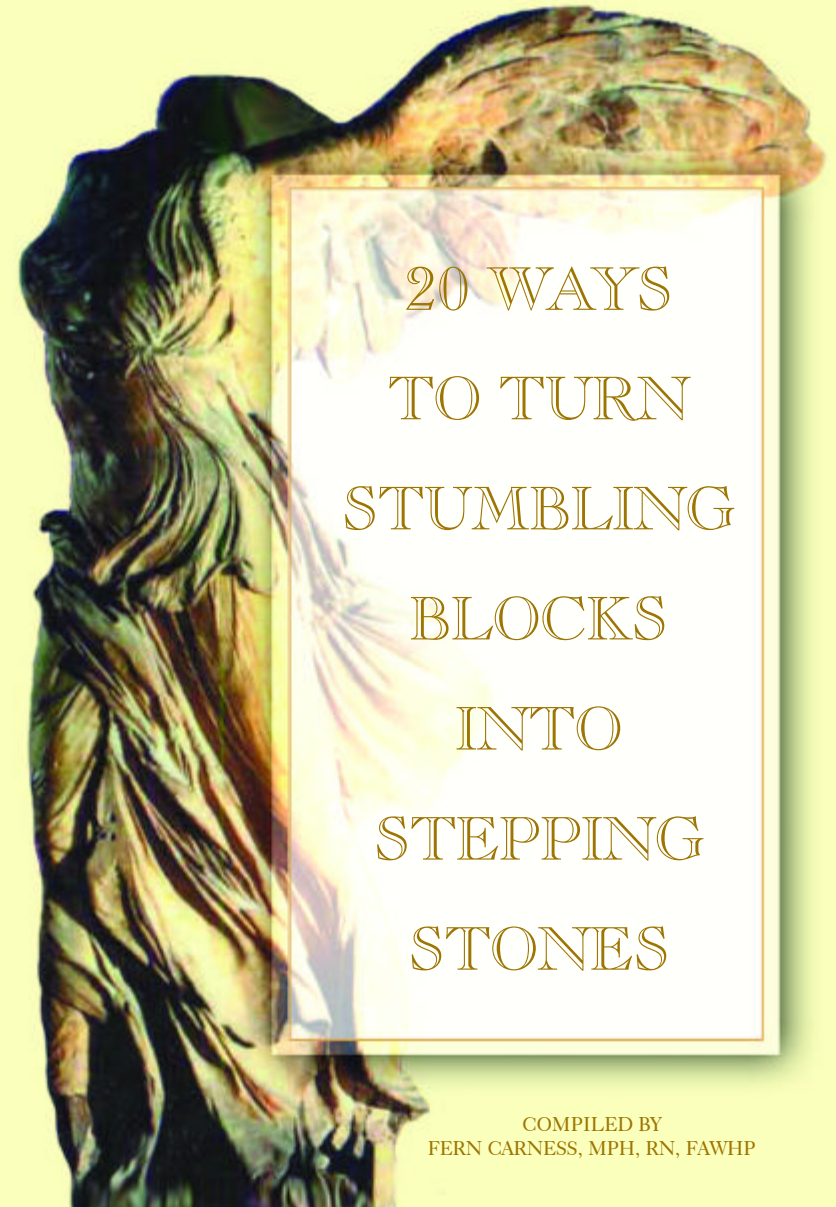
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20 WAYS TO TURN STUMBLING BLOCKS INTO STEPPING STONES

WISE WOMEN SPEAK

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20 WAYS
TO TURN
STUMBLING
BLOCKS
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COMPILED BY
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