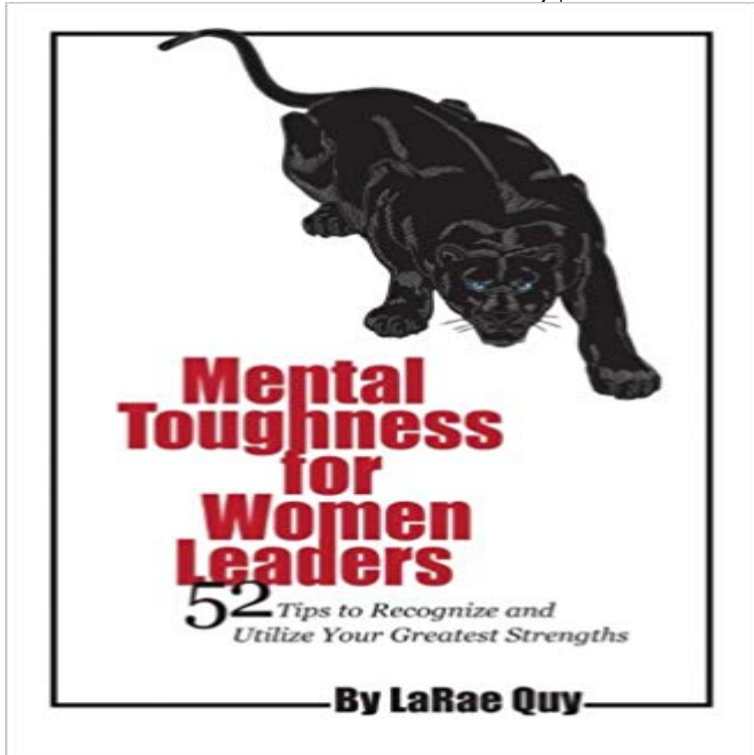


Mental Toughness For Women Leaders: 52 Tips To Recognize and Utilize Your Greatest Strengths



Whether the goal is advancing your career, getting your voice heard, or balancing the demands of work and home, this book will show you how mentally strong women manage their emotions and behaviors in ways that set them up for success in life. *Mental Toughness for Women Leaders: 52 Tips To Recognize and Utilize Your Greatest Strengths* empowers women to grow as leaders so they can break down obstacles, make crucial decisions, and find ways to move forward when conditions are not perfect. Most references to mental toughness imply we bulldoze our way through roadblocks that threaten to derail career goals. But mental toughness has little to do with physical strength or aggressive behavior; instead, it is understanding how to control the way your mind thinks. In *Mental Toughness for Women Leaders*, former FBI undercover and counterintelligence agent LaRae Quay shares how she created a strong mind by overcoming obstacles she encountered while at the FBI Academy, working in a male-dominated environment, and recruiting foreign spies to work for the U.S. Government. As an FBI agent, LaRae believes that while theory is nice, evidence is better when you are serious about looking for ways to achieve goals in life. She relies upon science-based research and real life experiences as she explains how you can clarify your goals, take practical steps to make them happen, and connect with your ultimate purpose. Specifically, you will learn: Use Emotional Intelligence Why mental toughness requires emotional fitness How women leaders can kick butt The art of getting what you want Bullet Proof Your Brain Develop the brain of a leader Upgrade your brain Yes is the most dangerous word in the world Find Your Inner Warrior How to stay cool under pressure Ways to grow stronger from turmoil in your life How to move forward

when you feel overwhelmed Predict Your Success Move toward peak performance How to beat the odds How to better juggle work and life If you are looking to reach your full potential, Mental Toughness for Women Leaders will show you how to use mental toughness to be the leader you always knew you could be in business or life.

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