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A Woman's Guide to the Wild Unbound She Explores *A Woman's Guide to Claiming Space* A Woman's Guide to Cannabis *The Woman's Guide to how Men Think* *A Woman's Guide to Spiritual Warfare* *The Workwoman's Guide* A Woman's Guide to Changing Her Man *Creating a Beautiful Life* *A Woman's Guide to Pelvic Health* A Girl's Guide to the Wild A Womans Guide to Recovery A Woman's Guide to Living with Heart Disease *Sailing: A Woman's Guide Represent* *A Woman's Guide to the Language of Success* *The Wise Woman's Guide to Your Healthiest Pregnancy and Birth* *The Grown Woman's Guide to Online Dating* *The Impatient Woman's Guide to Getting Pregnant* *Unbound Understanding Your Body* A Woman's Guide to Getting Through Tough Times A Woman S Guide To A Happy Home *The Man's Guide to Women When Love Hurts* *A Woman's Guide to Cleveland Men* *The Young Woman's Guide* A Woman's Way through the Twelve Steps Entre Nous *The Thinking Woman's Guide to a Better Birth No More... A Woman's Guide to Abuse Recovery* *A Young Woman's Guide to Making Right Choices* A Woman's Guide to Adultery A Woman's Guide to Power, Presence and Protection *Every Woman's Guide To Saving The Planet* *A Woman's Guide to Loving Sex* *The Awakened Woman's Guide to Everlasting Love* *Searching for Courtship* *A New View of a Woman's Body*

***Every Woman's Guide To Saving The Planet* Jun 01 2021 How to take action on climate change in your everyday life When it came to climate change, Natalie Isaacs used to think it was someone else's issue. After all, what can one person do to make a difference? Then she cut her electricity bill by 20 per cent and saw how much money and pollution she'd saved. Feeling empowered, she embraced action instead of apathy and changed her life. She has never looked back. In *Every Woman's Guide to Saving the Planet*, Natalie shares her journey from from climate bystander to international campaigner. Now the founder and CEO of the globally recognised climate action organisation 1 Million Women, Natlie explains: why climate change is the biggest issue of our time why women, who make around 85 per cent of household spending decisions, are incredibly powerful when it comes to taking climate action how to take action in your own life how to cut waste of everyday consumables such as energy, food, fashion or single-use plastic why stuff can't make us happy and why less truly is more how to inspire your family, friends and community to take climate action. With handy toolkits packed full of practical how-to's, *Every Woman's Guide to Saving the Planet* will get you started on your own climate action journey. Natalie's message is simple: never underestimate the power you have to fight the climate crisis. You just need to act. For more information go to 1millionwomen.com.au**

***A Woman's Guide to Loving Sex* May 01 2021 Offering women of all ages advice**

on discovering more about their sexuality, this book aims to encourage greater assertiveness and skill in identifying and satisfying your sexual needs and desires. It aims to ensure that, whether the earth moves or not, sex is always loving and caring.

The Thinking Woman's Guide to a Better Birth Nov 06 2021 As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. **The Thinking Woman's Guide to a Better Birth** helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Cesarean Doula Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

Understanding Your Body Aug 16 2022 Fully illustrated, this comprehensive guide provides answers to any and all women's health questions. Packed with information on dozens of vital issues, this volume is the best and only book women need to understand and cope with all aspects of body care. Photographs and line drawings.

A Girl's Guide to the Wild Jun 25 2023 Girls belong outdoors! This handbook covers everything you need to get outside, including ideas for what to do, camping and hiking basics, body stuff in the wilderness, advanced skills like maps, weather, and first aid, as well as recipes, projects, activities, and profiles of inspiring outdoorswomen. Your definitive guide to getting outside--for girls ages 9-12! In addition to basic outdoor skills, this entertaining guidebook includes easy camping recipes, outdoor projects including science experiments and crafts, fun activity suggestions, and inspiring stories of diverse historical and contemporary outdoorswomen (such as Arunima Sinha, the first amputee woman to summit Mount Everest; Juliette Gordon Low, founder of the Girl Scouts; and Libby Riddles, first woman to win the Iditarod). The goal is to improve the quality of girls' outdoor time by increasing participation and independence, making them feel comfortable and safe, and giving them essential skills and knowledge. Charming and approachable, this book will encourage both reluctant campers and budding naturalists to go wild and embrace the outdoors.

The Workwoman's Guide Oct 30 2023

The Man's Guide to Women May 13 2022 Results from world-renowned relationship expert John Gottman's famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, **The Man's Guide to Women** unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller **The Seven Principles for Making Marriage Work**, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD,

have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. **The Man's Guide to Women** is a must-have playbook for how to play—and win—the game of love.

Unbound May 05 2024 The ultimate guide to owning your power--and mastering how to use it. How can so many women feel "good and mad" yet still reluctant to speak up in a meeting or difficult conversation? Why do women often feel like they're too much--and, at the same time, not enough? What causes us, at the most critical moments in our lives, to freeze? Kasia Urbaniak teaches power to women--and her answers to these questions may surprise you. Based on insights from her experiences as a dominatrix, her training 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. Learn how to:

- Embrace your desires as the pathway to your destiny.
- Ask for--and get--what you need in your life, work, and in the bedroom.
- Skillfully navigate hearing "no" and any resistance, even your own.
- Flip power dynamics when someone crosses your boundaries and puts you on the spot.
- Create new and expanded roles for the people in your life with precise, targeted asks.

Whether you're getting crystal clear on exactly what you want, or turning the tables on a man who has shut you up and shut you down, Urbaniak's methods teach women to stand for themselves in every interaction. Part manual, part manifesto, part behind the scenes look, **Unbound** is a how-to guide to the impossible, the outrageous, the unimaginable--a field guide to living your wildest, best, and most satisfying life.

A Woman's Way through the Twelve Steps Jan 09 2022 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women's issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind. Published in 1994, **A Woman's Way through the Twelve Steps** has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

A Woman's Guide to Power, Presence and Protection Jul 03 2021 In 2020, Penquin

Random House Mexico published *El Poder de Poder (The Power of Empowerment)* by Paula Santilli, Mónica Bauer and Marty Seldman. Paula is CEO of Pepsico Latin America, a top female CEO in Latin America and selected as one of Forbes 100 Most Powerful Women in the World. At the time, Mónica was her head of public affairs and communication. Recently, she was promoted to a similar role at Pepsico worldwide headquarters. Since that book was published, the authors have delivered speeches, workshops and seminars to thousands of women around the world. The positive responses encouraged them to bring out an enhanced English edition full of case studies, dozens of practical skills and techniques, self assessments and inspirational profiles of 9 international female leaders. In their new book, *Power, Presence and Protection*, they are joined by Jovita Thomas-Williams, a senior Human Resource executive at Massachusetts General Hospital. Over many years Jovita has taught the 12 Rules to both women and men of color. She shares her insights in a powerful chapter, "The 12 Rules for Women of Color." When you read *A Woman's Guide to Power, Presence, and Protection*, you will: Sharpen your knowledge about power, and how power shapes what gets rewarded and recognized in your organization. Detect to protect: learn how to "see it coming" and protect yourself from power plays, stolen credit, tarnished reputation, and marginalization. Create a fair, accurate picture of your contributions, talent and potential. Demonstrate the right kind and amount of self promotion to keep the pace and progression of your career on a positive trajectory. Master the verbal and nonverbal aspects of Executive Presence so that you and your ideas will receive serious consideration. Learn the basic practices of "healthy selfishness" to preserve your time and energy and set yourself up for success.

A Woman's Guide to Pelvic Health Jul 27 2023 Pelvic floor problems, such as incontinence, are not normal in women at any age, and there are multiple solutions to relieve symptoms. 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 cause of their own symptoms and how treatments work. *A Woman's Guide to Pelvic Health* encourages women to address their pelvic floor issues and reclaim their lives.

Entre Nous Dec 08 2021 Ever wonder what gives French women that *je ne sais quoi*? At first you might think it's the elegant figure, matchless style, and mysterious allure. Then you realize those qualities don't come from just anywhere. They come from generations of women raised to cultivate an extraordinary sense of self. French women know who they are, like who they are, and excel at presenting who they are. The rest of us are often susceptible to the

next fad, the new thing, the ultimate diet. We're always seeking, instead of realizing that what we already are may be just right. Rarely does an American woman feel as comfortable in her own skin as her French counterpart. And rarely does an American woman have that essentially French ability to say no---to refuse anything that doesn't suit her, whether that thing is a job, a man, or the season's latest styles. Provocative and practical, lively and intelligent, *Entre Nous* unlocks the mystery of the French girl and the secrets of her self-possession. Why do French women always look inimitably stylish? How do they manage to sit in a café for a three-course lunch and a glass of wine...by themselves? How do they decide when they're ready to let someone become a part of their very private lives? Laced with practical tips, engaging sidebars, and essential observations about French women and their ways, *Entre Nous* is a delightful book that will help you take the best of all pages from the French girl's book---the page that reveals how to really enjoy life.

A Woman's Guide to the Wild Jun 06 2024 For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's *Wild*, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

Represent Feb 19 2023 "Over the last few years we've seen a remarkable surge of women running for office, and even better, winning. Running takes courage, passion, and commitment, but it also takes books like this. June and Kate have created a wonderful resource for women as they think about taking the leap."—Hillary Rodham Clinton Turn "can I do this?" into "yes, I can!" Join the growing wave of women leaders with *Represent*, an energetic, interactive, and inspiring step-by-step guide showing how to run for the approximately 500,000 elected offices in the US. Written with humor and honesty by writer, comedian, actress, and activist June Diane Raphael and Kate Black, former chief of staff at EMILY's list, *Represent* is structured around a 21-point document called "I'm Running for Office: The Checklist." Doubling as a workbook, *Represent* covers it all, from the nuts and bolts of where to run, fundraising, and filing deadlines, to issues like balancing family and campaigning, managing social media and how running for office can work in your real life. With infographics, profiles of women politicians, and wisdom and advice from women in office, this is a must-own for any woman thinking of joining the pink wave.

A Woman's Guide to Recovery May 25 2023 The essential recovery guide for women new to sobriety, written by the director of clinical services at Hazelden's new cutting edge treatment facility for women. Whether you are just embarking down the road of recovery or are well into the journey, consider Brenda Iliff's *A Woman's Guide to Recovery* your companion and guide. Brenda Iliff is a leading Hazelden clinician. She developed this guide to help women handle issues and challenges that come with their new life of recovery: How can you balance self-care with family responsibilities? What do you do about friends who aren't

comfortable with your newfound sobriety? How do you rebuild family relationships? **A Woman's Guide to Recovery** offers real-life insight into what it means and what it takes to sustain healthy, lasting recovery.

A Woman's Guide to Cleveland Men Mar 11 2022

***When Love Hurts* Apr 11 2022** “Every woman who is struggling to understand the mistreatment she is experiencing in her relationship should begin by reading [this] wonderful book.”—Lundy Bancroft, author of *Why Does He Do That? What do you do when the one you love hurts you? Have you been searching for answers to difficult questions about your relationship? Do you feel confused about why your partner seems loving one moment and angry the next? Summoning the courage to ask these challenging questions can seem daunting. You know something is wrong in your relationship, but you are not sure what. If you are beginning to wonder if you are experiencing abuse, this book can offer you support, information, and, most of all, hope as you look for answers. Written by two women with a wealth of experience supporting victims of abuse, *When Love Hurts* introduces exercises and resources to help you make sense of your relationship, addressing all forms of abuse, including verbal, emotional, financial, sexual, and physical. This practical guidebook is a supportive and nonjudgmental friend to those who don't know where to turn and is filled with stories from women who have been in the same position. By drawing on your own wisdom and that of the many others who have shared your experience, *When Love Hurts* can help you find the answers you have been looking for.*

The Young Woman's Guide Feb 07 2022 Reproduction of the original. The publishing house Megali specialises in reproducing historical works in large print to make reading easier for people with impaired vision.

A Young Woman's Guide to Making Right Choices Sep 04 2021 Elizabeth George, author of *A Young Woman After God's Own Heart* (more than 230,000 copies sold), offers another life-changing teen book—*A Young Woman's Guide to Making Right Choices*. Today's teens are bombarded with choices about attitudes, behaviors, friends, clothes, finances, and college. And with the rise of alcohol, drugs, sexual issues, and crime, they must make serious decisions daily. Bible teacher Elizabeth George takes teens through the step-by-step process of making decisions that are life-affirming, godly, and wise in areas that include— managing emotions improving relationships developing confidence living in the center of God's will avoiding trouble and bad situations Teens will discover checkpoints to use as guides for making decisions, and they will learn to take the long view when considering consequences. Young women will also realize the tremendous wisdom, guidance, and answers available in God's Word. Great for individuals, small groups, and mentoring.

No More... A Woman's Guide to Abuse Recovery Oct 06 2021

A Woman's Guide to Cannabis Feb 02 2024 A handbook for understanding and using marijuana, written just for women--whether they're using it for medicinal relief or for pleasure. This book is like having a knowledgeable salesperson across the counter at a dispensary who can hand-sell you a product to fit your mood and tastes--because author Nikki Furrer is that person as a producer and distributor of marijuana products to dispensaries. The book answers the questions that Nikki

receives from women every week.

***A Woman's Guide to Claiming Space* Mar 03 2024** 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. 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 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 combating challenges, such as 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 when we rise together, we rise so much higher.

***Unbound* Sep 16 2022** Stop being a servant of the life you're living and become a creator of the world you want. Electrifying lessons in power, influence and persuasion to equalise women in an unequal world. Why do so many women feel they're too much yet not enough? How can you feel 'good and mad' yet reluctant to speak up in a meeting or difficult conversation? What causes women to freeze at critical moments? Kasia Urbaniak spent 17 years studying to become a Taoist nun. To foot the bill for her studies, she worked as a high-paid (and extremely successful) dominatrix in dungeons around New York City. What she learned in these two wildly different settings has turned into her life's work. UNBOUND brings Urbaniak's unique teachings for women on speaking power, persuading others and navigating conflict to a mainstream audience for the first time. Part polemic, part practical, it opens women's eyes to why they frequently find it so difficult - personally, professionally and socially - to raise their voices, why they freeze in challenging circumstances and what they can do to change this. Too often women find themselves in the role of 'sub' when they need to be more 'dom' - in short they are paralysed by their Good Girl Syndrome and a deep-seated need to please everyone and anyone except themselves. UNBOUND offers precise, practical instruction in how to stand in your power, find your voice and use it well. Part manual, part manifesto, it will help you cut through layers of self-censoring and self-doubt to go after what you truly want, and live your wildest, best and most satisfying life.

***The Grown Woman's Guide to Online Dating* Nov 18 2022** Does the thought of joining a dating site invoke feelings of fear and anxiety—or, worse, insecurity or unworthiness? If so, then *The Grown Woman's Guide to Online Dating* is the book for you. With practical advice about how these sites work, what to expect, and

when to join and quit, along with proven tips for making the most of them, *The Grown Woman's Guide* equips readers with all they need to take the plunge. Four years after an unexpected divorce, bestselling writer and funny lady Margot Starbuck found herself venturing into the unknown waters of online dating. What she discovered surprised her—and changed her. With her signature sharp wit and a solid biblical foundation, Margot shares what she learned, including how to: determine which sites are best and what to expect; write a first message that is most likely to get a response; avoid common pitfalls in creating your profile; and live out the truth that you are God's beloved. So dive into embracing your true value and drawing closer to God even in the midst of fear and questions. Because whatever your endgame might be, richness awaits. Margot promises, "You got this, girl!" "Gives you concrete steps for dating well, from the beginning to the end, all while reminding you just how loved you already are." —Crystal Evans Hurst, bestselling author and speaker "With humor, wisdom, and practical answers, Margot's heart and voice shine through this book, and I can't wait to send it to my single friends!" —Bianca Juarez Olthoff, pastor, speaker, and author of the bestselling *How to Have Your Life Not Suck*

A Woman's Guide to Getting Through Tough Times Jul 15 2022 We all experience times of tragedy, loss, and disappointment. *A Woman's Guide to Getting Through Tough Times* offers hope and reassurance to those who are struggling, guiding readers to look beyond their immediate circumstances and to renew their faith in God.

A New View of a Woman's Body Jan 26 2021

A Woman's Guide To A Happy Home Jun 13 2022

The Wise Woman's Guide to Your Healthiest Pregnancy and Birth Dec 20 2022 A fresh, new pregnancy guide—the first complete functional medicine book—offering women and their partners a comprehensive approach to maintain and enhance health and wellness before, during, and after pregnancy. *The Wise Woman's Guide to Your Healthiest Pregnancy and Birth* combines the expertise of top-tier physical therapist Patricia Ladis—who works with superstar athletes, professional dancers, and celebrities—with Dr. Anita Sadaty, a highly regarded holistic ob-gyn with a celebrity clientele. Together, they have devised a six-step protocol beginning the six months before conception continuing forty days post-birth and beyond, incorporating holistic principles that encourage optimal wellness for mother, partner, and baby. Whether they are in their 20's, 30's or 40's, this book empowers readers to be in tune with their bodies during all stages of pregnancy, and is the first book by a functional medicine dream-team aligning medical and structural body issues to avoid such potential pregnancy outcomes as osteoporosis, sciatica, pelvic prolapse, structural weakness, and postpartum depression. Each of the six stages organizes Ladis and Sadaty's holistic principles into five easy-to-follow aspects: Body, Movement, Breathing, Nourishment, and Wisdom. They include practical applications such as foods to help reduce internal inflammation, specific exercises—with instructive photos—in each stage, breathing techniques to lower stress, and "pearls of wisdom" backed by science exploring a multicultural history of this special time in a woman's life. For the first time, a pregnancy guide considers the importance of choices you make six

months prior to conception, and the effect on genes. When both members of a couple are calm, fit, and well-nourished, the latest science suggests that together they are less likely to pass on negative genes to a child.

A Woman's Guide to Changing Her Man Sep 28 2023 Details the ways women can effect a relationship change with their husbands through minor changes in their own actions

***The Woman's Guide to how Men Think* Jan 01 2024** Comedian George Carlin once said, "Women are from earth. Men are from earth. Just deal with it." Though witty, this sentiment fails to recognize one of the real truths in life: that both genders are completely mystified by one another, and often have a mile-long list of complaints for the opposite sex. Yet, generally speaking, both men and women want to get along--especially if there's romance involved. **A Woman's Guide to How Men Think** offers a practical, humorous, yet compassionate guide for women who want to learn the secrets of the elusive male mind. With author Shawn Smith's trademark humor, you'll come to understand why men think and see the world the way they do, and how to work with men to cultivate understanding and communication in relationships, without expecting men to be creatures that they are not. This isn't a male-bashing book about how men should be more like women, but a book about how men actually are, and how women can use this understanding to get what they need from their relationships. You'll also learn why men often feel frustrated and criticized, how to deal with lack of communication in ways that don't put men on the defensive, and how being curious and compassionate (while not accepting disrespectful or abusive behavior) instead of dismissing men for their inherently male traits can lead to greater understanding between the sexes. The plain truth is that both men and women are from planet earth. But that doesn't mean we are the same. If you are looking for an insider's guide to the ever-elusive male mind, this is the book for you. The author, Shawn Smith, is a psychotherapist with a blog at ironshrink.com.

A Woman's Guide to Living with Heart Disease Apr 23 2023 Whether you're a freshly diagnosed patient, a woman who's been living with heart disease for years, or a practitioner who cares about women's health, **A Woman's Guide to Living with Heart Disease** will help you feel less alone and advocate for better health care.

***Creating a Beautiful Life* Aug 28 2023** **What Will You Do with This Beautiful Day God Is Giving You?** Each new day presents opportunities to grow your faith, manage your work and your goals, and make good use of the time God gives you. But making the right choices moment by moment isn't easy. And the first decisions of your day can affect the next 16 hours—for better or for worse. Elizabeth George, acclaimed Bible teacher, helps you navigate the options you might encounter today so you can... get up and power up for a great day establish your priorities make the most of your time choose good, better, and best options pour yourself into the people in your life Prepare to create a more beautiful and productive life and make each day more meaningful. God's best awaits you when you choose to live His way!

A Woman's Guide to Adultery Aug 04 2021 This sizzling novel explores the last outpost of women's struggle for identity and equality: the problems of loving

men, married men in particular. One of the most intimate and captivating novels about women in love to come along in years.

She Explores Apr 04 2024 For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, *She Explores* is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, *She Explores* shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including: • Preparing for a solo hike • Must-haves for a road-trip kitchen • Planning ahead for unknown territory • Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

A Woman's Guide to the Language of Success Jan 21 2023 *A Woman's Guide to the Language of Success* offers step-by-step guidance and powerful techniques you can use to lead, to succeed, and to make your ideas heard in the workplace - starting today - without compromising your femininity and integrity. This practical, candid guide features dozens of effective exercises and models that will make an immediate difference in your work life. Real-world examples of career women like yourself will educate and inspire you to shed the language of weakness and gain the language of power - not only through the spoken word, but through body language, writing, reading, and listening.

The Awakened Woman's Guide to Everlasting Love Mar 30 2021 In today's disconnected, distracted world, it seems like deep love gets harder to maintain every day. We spend more time looking at screens than at each other, cycle through new partners every time the spark starts to fade, and wall away our feelings until we become strangers who share a house and kids. But underneath all this, our souls long for an unbreakable love which deepens over time and lovemaking that gets hotter, not cooler, inside a lifetime commitment. This bond we yearn for is not impossible. It's not even improbable. You can create it in your life right now—intimacy that opens both you and your partner to a divine awakening you could not create on your own, lovemaking that curls your toes, and a partnership where both people champion each other's best interests, where even the difficult moments bring you closer together. This is sacred relationship, and it exists in these pages. This book is an owner's manual for intimacy, a map for loving at the deepest level, and an invitation into sacred practice where divine connection becomes part of everyday life.

Sailing: A Woman's Guide Mar 23 2023 "Doris Colgate knows what women want. Well-known as a sailing role model and a confident yet gentle teacher, she writes with clarity on even the most complex sailing concepts, as well as answering often-asked questions on the safety, comfort, and social sides of sailing. *Sailing: A Woman's Guide* pulls it all together for the beginning sailor. Finally, an

excellent book for women that both teaches and motivates. Bravo, Doris. You've opened up the sport." --Bernadette Peters, editorial director, *Cruising World* "It took a person with her fingers on the pulse of women aspiring to sail to write this book, and that person is clearly Doris Colgate. *Sailing: A Woman's Guide* is as much a source book as empowerment to women the world over desiring to become sailors." --Micca Leffingwell Hutchins, editor of *SailNet* "An excellent introduction to the sport of sailing. It will undoubtedly encourage many women to try this challenging, noncontact activity while enjoying the great outdoors."--Betsy Alison, Four-time Rolex Yachtswoman of the Year "This new series is designed to teach outdoor skills to women in the way they learn. . . . Women of all ages describe how they overcame obstacles, what they enjoyed most, or just how they felt about undertaking a new activity . . . extremely well done and appealing." --Library Journal (starred review)

Searching for Courtship Feb 27 2021

The Impatient Woman's Guide to Getting Pregnant Oct 18 2022 Comforting and intimate, this "girlfriend" guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. *The Impatient Woman's Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

A Woman's Guide to Spiritual Warfare Nov 30 2023 Groundbreaking Spiritual Warfare Book for Women, Now Revised and Updated Women everywhere face battles that threaten to overwhelm them. A friend's depression. A child's destructive choices. A neighbor's broken marriage. A husband's failed business. A bad medical report. But you don't have to watch hopelessly from the sidelines. This is a crucial time for praying women to take their stand. In this newly revised

and updated edition, you'll discover sound biblical guidelines, inspiring stories, and practical steps to help you see victory on the battlefield. As you understand your authority in the risen Christ, you will learn how to overcome forces of evil, help loved ones break cycles of bondage, and make your home a place of refuge from spiritual attack--all through the power of prayer. Here is the field guide for every wife, mother, sister, daughter, and friend ready to fight for all she holds dear.

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