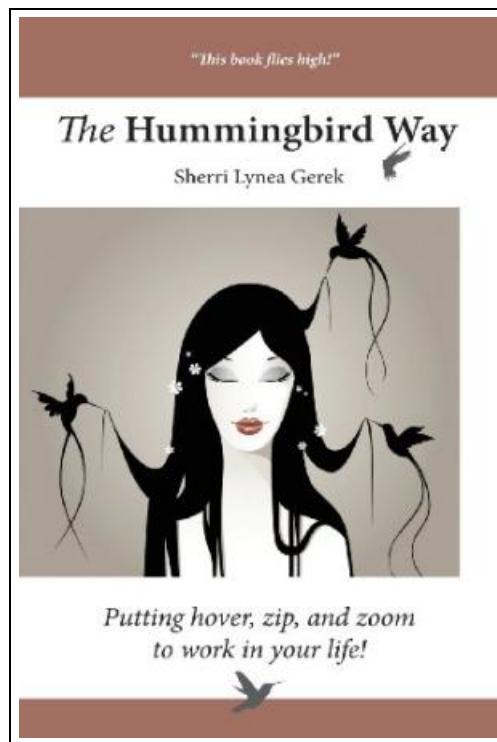


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Let's Strut Your Stuff. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. An energetic and thought-provoking guide to self-development. Sherri Lynea Gerek wants to help you fulfill the highest vision you hold for yourself and your life. In The Hummingbird Way, Sherri offers up a bright perspective on overcoming challenges by elevating your everyday thoughts and behaviors. As you apply the books lessons to rise above your circumstances like the hummingbird, you will broaden your horizon and unearth new possibilities for greater understanding and acceptance of yourself and others. The Hummingbird Way includes lessons such as . . . Have Confidence in Your Ability to Fly Hover and Rise Above Face Your Fear and Fly Right Through It Every Feather in Place Fight Fairly Fly Higher File Your Flight Plan Fly Forward-Dont Look Back . . . and more! Each of its twenty-two chapters opens with a hummingbird scene providing a metaphor for a common life issue we all face. This is followed by a personal life lesson conveyed through a story, a strategy, and a worksheet for further self-exploration. The Hummingbird Way stirs the imagination. As you aspire to live in harmony with the world around you, life is not always easy. You look for flowers. You encounter hornets. You desire nectar. Youll find it all here. The Hummingbird Way is an energetic and thought-provoking guide to self-development. -Bruce D Schneider, Ph. D. , M. C. C. , founder of The Institute for Professional Excellence in Coaching (iPEC) and author of Energy Leadership: Transforming Your Workplace and Your Life from the Core and Relax, Youre Already Perfect If you want to transform relationships with others-and most importantly, with yourself-you need to read this book. -Jules Taggart, www. ampandpivot. com, marketing strategist, blogger, entrepreneur, cofounder, Bootstrap...

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