



Choose Courage In Your Relationships:: Empower Yourself First (Choose Courage Handbook #3)

Ruth M. Schimel Ph.D.

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Even solid relationships ebb and flow, but you can be the north star that influences their quality and value. Though you can't control others, your own choices and actions will lead people in your professional and personal life to outcomes for mutual benefit. Empower Yourself First shows you how to summon your own strengths to do that. The first of two handbooks on relationships which enrich the Choose Courage series, this one also offers brief, yet practical and inspiring processes for continuing growth. It focuses on you, where the choices start, where new experiences and shifts in habits will create enjoyment and progress. Expect manageable motivators in small, adaptable steps, as well as quotes, photos, and humor. They will help you expand your repertoire while honoring who you truly are. You'll find these fresh, encouraging approaches to essential ways to empower yourself: • Effective Listening • Making Expectations Work For You • Appreciating Your Interpersonal Capacities • Using Charm and Care to Improve Relationships

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