



Conscious Courage®: Turning Everyday Challenges into Opportunities

Maureen Stearns

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Conscious Courage teaches the reader how to challenge everyday self-defeating thoughts and move through emotional discomfort (a natural part of growth and change). Easy-to-read book packed with Courage Suggestions fosters a new awareness of opportunities for Conscious Courage. This book offers practical steps for becoming more and more consciously courageous on a daily basis. The message is timeless.

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