



Mental Toughness for Women Leaders: 52 Tips to Recognize and Utilize Your Greatest Strengths (Paperback)

By LaRae Quay

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.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...



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