



## Stand Up for Your Life: A Practical Step-by-Step Plan to Build Inner Confidence and Personal Power

*By Cheryl Richardson*

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Provides strategies for making over one's inner life and explains how to transform such obstacles as self-doubt, conflict phobia, and anxiety into a firm foundation for building personal power and self-confidence.

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### Editorial Review

#### Amazon.com Review

*Oprah* life makeover maven Cheryl Richardson wants you to start rocking the boat. *Stand Up for Your Life* urges readers to stop playing it safe by putting their needs and priorities aside. Her premise: by spending less time listening to others and more time strengthening your relationship with yourself, you can learn to govern your own life *and* influence others.

A personal coach and the bestselling author of *Take Time for Your Life*, Richardson promises readers "self-honoring strategies to transform your fear and doubt into self-trust and power." Drawing on self-quizzes, examples from her coaching clients, and her own experiences, she explores key issues for developing this inner authority. The book focuses on creating boundaries, developing "courage muscles," resolving conflict phobia, clarifying purpose, honing self-discipline, stating intentions, and graceful truth-telling.

At times, her clarity is compromised by pop-psych speak and references to her earlier books. Richardson is at her best when she is specific--for example, the well-targeted exercises and self-assessments or an insightful list of behaviors that prevent people from leading their own lives. Readers who follow her lead can expect an attitude adjustment and increased ability to leverage self-knowledge into a purposeful life. --*Barbara Mackoff*

#### About the Author

**Cheryl Richardson** is the author of the *New York Times* bestselling books *Take Time for Your Life* and *Life Makeovers*. She was the first president of the International Coach Federation and holds one of its first Master Certified Coach credentials. She is also the recipient of the 2000 Motivational Book Award for *Life Makeovers* from Books for a Better Life. Her work has been covered widely in the media, including numerous appearances on *The Oprah Winfrey Show*.

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