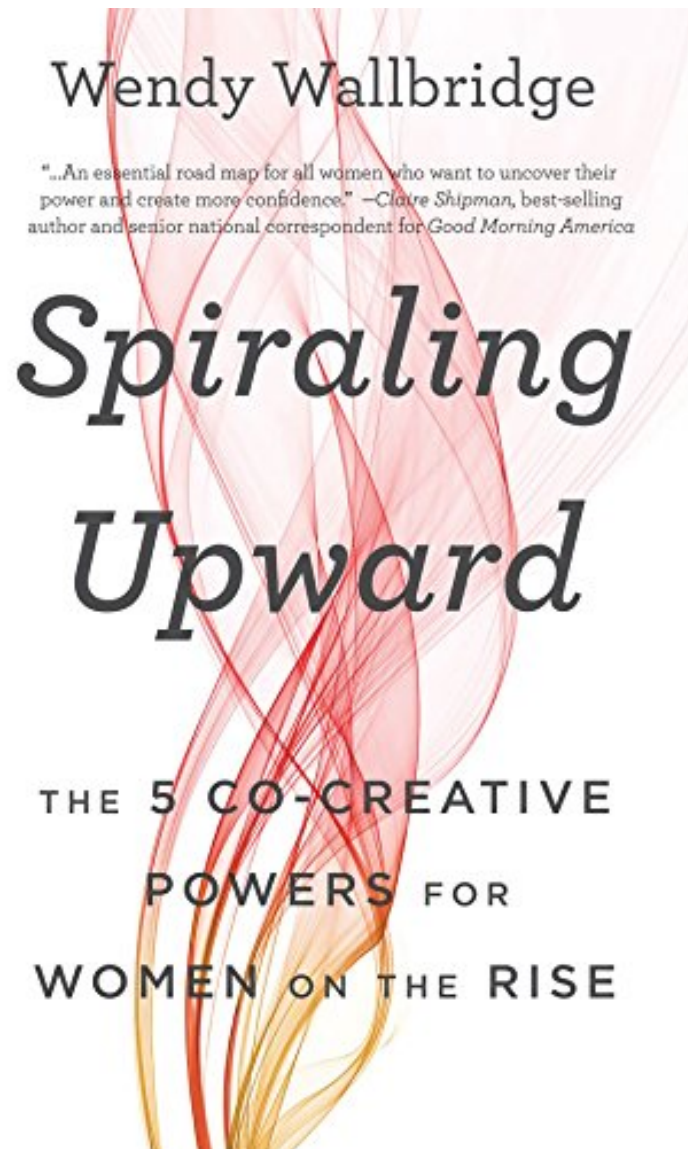


[Free] Spiraling Upward: The 5 Co-Creative Powers for Women on the Rise

Spiraling Upward: The 5 Co-Creative Powers for Women on the Rise

Wendy Wallbridge

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Wendy Wallbridge : Spiraling Upward: The 5 Co-Creative Powers for Women on the Rise before purchasing it in order to gage whether or not it would be worth my time, and all praised Spiraling Upward: The 5 Co-Creative Powers for Women on the Rise:

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overcome any feelings that are holding us back! After you read and internalize this, you will be equipped to take on your biggest dreams and desires. I have been lucky enough to experience this first hand. Having this methodology in a book is a precious gift! This type of empowerment makes the world a better place! 1 of 1 people found the following review helpful. ... have gifts that we know we need to leverage better. This book is a fantastic way to re-evaluate ...By Meg BearWe all have gifts that we know we need to leverage better. This book is a fantastic way to re-evaluate what you are doing, and how you might make minor changes to bring forward your best self. Your best self will bring forward your best career results and your best life results. If you are feeling stuck, or need a plan to move forward, I strongly recommend reading *Spiraling Upward* with an open mind and a notebook. 1 of 1 people found the following review helpful. A Must-Read!By ChristineThis is truly one of the most helpful and inspiring books I have ever read. *Spiraling Upward* has helped me understand the unique strengths I bring to the executive table as a woman and to feel confident in using those strengths to the advantage of my organization and for my own personal satisfaction and joy in how I navigate the world. This is a "must-read" for anyone wanting to find their own personal power and to move through this world in an authentic way!

Women comprise 51 percent of the world's population, make up over half the workforce, and control 85 percent of consumer decisions. Never before have women been so degraded or so represented as decision makers in all areas of influence. Why, then, do we still feel as if success eludes us? Why do we sometimes struggle to keep our drive alive? The linear, heads-down, forward-at-all-cost approach to success that has been forged by men will never take us to the heart of fulfillment. Women are not designed for the straight and narrow path. But until now there hasn't been another choice. Pioneering corporate coach Wendy Wallbridge recognizes this unmet need of professional women for an alternative path to success. *Spiraling Upward: The 5 Co-Creative Powers for Women on the Rise* offers a cogent, step-by-step roadmap for professional women to unlock their power and achieve success on their own terms. The "Spiral Up" method teaches women to cultivate the five co-creative powers of energy, thoughts, feelings, speech, and action--the fundamentals of self-creation--in order to redefine success and re-author their lives. If you're ready to rise up and express your creativity, authenticity, voice, and power to effect the changes you want, *Spiraling Upward* will show you the way. Complete with easy-to-follow steps and exercises, as well as inspiring stories of successful women, this book offers a cogent road map for professional women looking to unlock their power and achieve success on their own terms.

"*Spiraling Upward* is that rare and potent blend of inspiration and pragmatism. At a time when female management and values are increasingly in demand, Wallbridge shows us, with humor, wisdom, and serious research, how to remove the illusive barriers that keep us playing small. It's an essential roadmap for all women who want to uncover their power and create more confidence." — Claire Shipman, best-selling author, *Womenomics* and *The Confidence Code*, senior national correspondent for *Good Morning America* "Spiraling Upward leads the inquiry so many women are involved with now: how do we balance our lives in a way that nourishes both our external and internal selves? Articulating the right questions, Wallbridge provides some great answers." — Marianne Williamson, author of *A Return to Love* and many other NYT best-sellers "Wendy offers a transformational roadmap for women to find and live from their highest calling by activating the best of their feminine and masculine strengths to evolve and flourish." — John Gray, PhD, author of the NYT best-seller *Men Are from Mars, Women are From Venus* "Inspired, DIY transformation...Spiraling Upward offers a step-by-step manual for tapping into our essential power, unique brilliance, and deepest joy at a time in our world when our gifts are most needed!" — Marci Shimoff, NYT bestselling author "In a world that is increasingly social, interdependent and transparent, women have the advantage. Wendy's *Spiral Up!* roadmap shows women how to seize this moment in order to shape their futures and remake the world." — John Gerzema, author of the NYT best-seller *The Athena Doctrine* "Spiraling Upward offers a practical and inspirational solution to the hesitation we often feel as women to put ourselves out there in daring and authentic ways that can touch and change the world. — Lynne Twist, global activist and author, *The Soul of Money* "I started reading *Spiraling Upward* while performing in a very personally challenging play, and experiencing debilitating stage fright. Using Wendy's inspiring and extremely practical approach, I've been able to shift from my false self, who was so afraid of not getting it "right," to my true self, who has the confidence to come from who I am in the present moment. It has made all the difference in the world – for me and for the audience. And, of course, it's an invaluable lesson for my offstage life as well. Thank you, Wendy." — Jill Eikenberry, actress "Wendy Wallbridge is a feminine power super star. In *Spiraling Upward* she's written a book for professional women that takes the mystery out of what it means for us to rise in life and work. She shows you how to dig down deep to get in tune with your inner wisdom so you can excavate your gifts and shine!" — Amy Ahlers, best-selling author, *Big Fat Lies Women Tell Themselves* and *Reform Your Inner Mean Girl* "Spiraling Upward is the perfect blend of pragmatic advice and inspiration to help women redefine success for themselves and move confidently out of their comfort zone to realize their true power." — Mike Robbins, author, *Nothing Changes Until You Do* "Spiraling Upward is for any woman who has become disillusioned with conventional

measures of success, and is ready to chart her own, more satisfying path.” — Katrina Alcorn, author, *Maxed Out: American Moms’ on the Brink*