



## Woman's Field Guide to Exceptional Living: Practical Steps for Living a Big, Bold, Beautiful Life!

by Woods, Corrie (Author)

### DESCRIPTION

Your Passport to Creative Expression, Exploration, and Play! For many women-and men, too-life is a series of "supposed-to's" and "shoulds." You keep the lid on tight and plod along, knowing there's a place where life is

big, bold, and beautiful but not sure how to get there, or even where to start. It's Time for a Cork-popping Change of Direction. The Woman's Field Guide to Exceptional Living will launch you directly into your own adventure. There are no limits here, no "shoulds," just a guided inner road trip to an extraordinary new outlook you can return to again and again for inspiration, tips, support, and motivation. You'll discover how to: \*Get out of your head and into your life \*Recognize your true callings and act on them \*Overcome barriers to boldness, bliss, and beauty \*Live without regrets, energy-drainers, and nay-saying

### ABOUT THE AUTHOR

Corrie Woods

Corrie is an Author, Professional Life Coach, Speaker, and Women's Retreat Leader. As advocate, partner, collaborator, and "way-outside-thebox" thinker, Corrie challenges her clients to see the possibilities, to shift from negative to positive priority living, and to become vitally engaged in life. She is a Graduate, CoachU Coach Training Program, a member of The International Coach Federation, a Certified Retreat Coach, a Certified Seasons of Change Facilitator, and a MBTI, Myers-Briggs Personality Indicator administrator. Her diverse background includes experience in the non-profit sector as a Program Evaluator, being a part of the management team for a multi-million dollar corporation, and on the other end of the spectrum, being a Homeschool mom.

### REVIEW QUOTES

Fresh, provocative, playful! A delightful bag of tools for designing and living the kind of life you truly want to live. — Susan Jeffers, Ph.D. "author of Feel the Fear and Do It Anyway and Life is Huge!"



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