

Brave New You shows women how to rediscover the emotional bravery of girlhood. It inspires readers to blend the promise of that curious, risk-taking, genderless, independent crusader with the self-possessed maturity of an adult woman. Through an array of thoughtful exercises, checklists, questionnaires, affirmations, and mind-body techniques, popular authors Mary and John Valentis help readers overcome self-sacrificing behaviors, learn to trust their own thoughts, intuition, and judgement, accept and use anger as constructive energy, and summon their bravery whenever life challenges them to go against the flow and pursue what they truly want. About the Authors Mary Valentis, Ph.D., teaches writing, literature, popular culture, and literary theory at the State University of New York at Albany. John Valentis, Ph.D., has an independent practice in clinical hypnosis and psychotherapy and is the host of a call-in advice radio program, The Dr. John Valentis Show.

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'Your digital strategy needs to be flexible, and your organisation needs to be flexible in order to drive digital,' she says. 'You have to become dynamic and.

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