



# The Courage to Be Yourself

*Sue Patton Thoele*

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## **The Courage to Be Yourself** Sue Patton Thoele

Geared to women who find themselves meeting the needs and wants of others without meeting their own, *The Courage to be Yourself* helps them break free from emotional dependency, enhance their self-esteem, and overcome self-limiting fears. This edition has been thoroughly revised and updated and includes a revised discussion of codependency and addiction.

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