



The Girly Thoughts 10-Day Detox Plan: The Resilient Woman's Guide to Saying NO to Negative Self-Talk and YES to Personal Power

Ph.D., Patricia O'Gorman

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Every woman alive struggles with self-doubt, which is often brought on as she strives for the impossible? society's version of "perfection"? and the harder she tries to meet those expectations, the harder her girly thoughts work to convince her she is a lost cause.

Psychologist and resiliency coach Patricia O'Gorman, PhD, has created the definitive detox program that will change everything for women? the feminist in her 70s, the corporate executive in her 60s, the small-business owner in her 50s, the divorcée in her 40s, the young mother in her 30s, and the newly minted college graduate in her 20s. This follow-up book to *The Resilient Woman: 7 Steps to Personal Power* is a guide for every woman who has ever let that negative inner voice? *girly thoughts*? rob her of her personal power and tell her counter-productive things like:

- You are too smart or too assertive to be desirable.
- You are too heavy, skinny, or busty to be attractive.
- It's your fault your husband had an affair.
- You need to worry about others, not yourself.

This practical and essential guide is the perfect format for working through ideas and concepts that will encourage positive, introspective thinking. By journaling and recording their emotional and physical reactions to provocative questions, readers will learn the source of their negative self-talk, understand the steps needed to disengage from their toxic behaviors, and develop skills to create a more resilient spirit. Using the key concepts from O'Gorman's well-regarded book *The Resilient Woman*, this book is also an effective, independent resource for women who want to face their biggest roadblock? their inner critic? as a way to live life to the fullest while embracing their unique, creative selves.

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