

Girl, Stop Apologizing (Audible Exclusive Edition)

author: Rachel Hollis

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Synopsis

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inLanguage	english

Rachel Hollis points out the pitfalls, challenges, and excuses that stop us from achieving our aspirations.

Rachel Hollis has seen it too often: Women not living into their full potential. They feel a tugging on their hearts for something more, but they're afraid of embarrassment, of falling short of perfection, of not being enough.

In *Girl, Stop Apologizing*, #1 *New York Times* bestselling author and founder of a multimillion-dollar media company Rachel Hollis sounds a wake-up call. She knows that many women have been taught to define themselves in light of other people—whether as wife, mother, daughter, or employee—instead of learning how to own who they are and what they want.

In this book, Hollis helps you to:

- identify the excuses to let go of,
- the behaviors to adopt,
- And the skills to acquire on the path to growth, confidence, and believing in yourself.

Hollis shares stories and principles with raw honesty that inspires her audiences to discover and take the practical steps that will put them on a lifelong path of personal growth.

Girl, Stop Apologizing is the life-changing guide you need to dump your excuses, embrace your dreams, set boundaries, and gain real confidence in life.

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library on your web browser, along with the audio.

Reader's comments

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