



Excellent As You Are: A Woman's Book of Confidence, Comfort, and Strength

Sue Patton Thoele

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Confidence, courage, and strength. All of these things come from within, but the inspiration and encouragement to sustain these virtues comes from all around us — from the tall redwoods to the perfect sand dollar, from the flame of a candle to the weave of a hand-knit sweater. In *Excellent As You Are*, Sue Patton Thoele offers us food for thought, insightful stories, and motivational quotes drawn from her popular meditation book *The Woman's Book of Confidence*. Her words are combined with lush photographs on which to reflect, proving all with the inspiration we need to find our own sources of lasting confidence, deep comfort, and true inner strength.

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