

April 2006

FOR IMMEDIATE RELEASE

Dear Editor/Publisher;

It undermines, excludes, dominates. Yet, it's rarely talked about. For years there has been an unspoken language about courage – a Courage Code – that is distinctly masculine. With this Code, women's everyday courage is hardly noticed, barely understood and rarely honored.

THE COURAGE CODE boldly challenges old definitions; it speaks the truth about the need for creating a new Code. The book, based on interviews with ordinary, though accomplished, women throughout the country, presents an entirely new way of looking at power and courage. These women, in large and seemingly small ways, have broken out of the old Code and are breaking through to new lives.

Woven with the authors' keen observations from many years of working with women as consultants, trainers, and life coaches are compelling examples of women redefining power and courage. **THE COURAGE CODE** includes these women's stories - stories of times when courage was called for, and actions beckoned - big changes and small shifts that opened the door to a new way of living...for all.

“Please read this book and learn that we need not let fear stop us; it can become our best teacher. Learn why the great seers have told us that courage is the first virtue because without it we can practice no other. Read and discover your own courage!”

*Frances Moore Lappe, author of Diet For a Small Planet and
You Have the Power: Choosing Courage in a Culture of Fear*

“*The Courage Code* does nothing less than redefine courage and power to reflect women's experience. This is a provocative, important book.”

*Paola Gianturco, author/photographer, In Her Hands, Crafts
Women Changing the World and Celebrating Women*

“*The Courage Code* is a good basic resource for women seeking to move to the next step in their spiritual journey. It has universal appeal while at the same time speaking to a diversity of women whose paths are taking them to different places.”

Dr. Johnnetta B. Cole, President, Bennett College for Women

“...a stimulating, revelatory appreciation of women from all walks of life who exemplify determination, courage, and power on the most basic, but also the most uplifting, levels.”

ForeWord Magazine

THE COURAGE CODE

It's Yours. Own It. Use It.

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