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## The Hummingbird Way: Putting Hover, Zip, and Zoom to Work in Your Life

By Sherri Lynea Gerek

Let's Strut Your Stuff. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. An energetic and thought-provoking guide to self-development. Sherri Lynea Gerek wants to help you fulfill the highest vision you hold for yourself and your life. In *The Hummingbird Way*, Sherri offers up a bright perspective on overcoming challenges by elevating your everyday thoughts and behaviors. As you apply the book's lessons to rise above your circumstances like the hummingbird, you will broaden your horizon and unearth new possibilities for greater understanding and acceptance of yourself and others. *The Hummingbird Way* includes lessons such as . . . Have Confidence in Your Ability to Fly Hover and Rise Above Face Your Fear and Fly Right Through It Every Feather in Place Fight Fairly Fly Higher File Your Flight Plan Fly Forward-Dont Look Back . . . and more! Each of its twenty-two chapters opens with a hummingbird scene providing a metaphor for a common life issue we all face. This is followed by a personal life lesson conveyed through a story, a strategy, and a worksheet for further self-exploration. The *Hummingbird Way* stirs the imagination. As you aspire to live in harmony with the world...



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