



Strip Off Your Fear: The Good Girl's Guide to Saying What You Want

Betsy Talbot

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Author Betsy Talbot's message is simple:

"Speak up. Be proud of who you are, what you know, and what you do. Help other women do the same. When you change your world for the better, you make it better for the rest of us."

Talbot wrote this book for the "Good Girls" – women who go along to get along, never rock the boat, and put their own desires last.

Sound familiar?

In this book, Talbot leads readers through a striptease of the emotional layers that can suffocate our innate confidence, preventing women from reaching their personal, professional, and societal goals.

In her signature style, she marries learning with action, using deeply personal stories to illustrate breakthroughs and then guiding the reader through exercises to reveal their own flawed and fabulous selves.

It is a bold book for women who want to live a life bigger than the one they have right now. And it is definitely a conversation starter at a book club!

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Cary Freeman:

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