



Dancing Backwards In High Heels: How Women Master the Art of Resilience

Patricia O'Gorman Ph.D.

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Whether we are survivors of a difficult childhood, career women trying to do it all, or women simply caught in a web of vague expectations, *Dancing Backwards in High Heels* helps us achieve our potential and live with confidence. Author Patricia O'Gorman shows us how to work with our own style of resilience by identifying what has helped us survive in the past and explains how to draw upon these experiences to manage the changes that life brings.

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