

# Emotionally Healthy Woman

Each week's topics:

1. Quit Being Afraid of What Others Think
2. Quit Lying
3. Quit Dying to the Wrong Things
4. Quit Denying Anger, Sadness and Fear
5. Quit Blaming
6. Quit Overfunctioning
7. Quit Faulty Thinking
8. Quit Living Someone Else's Life