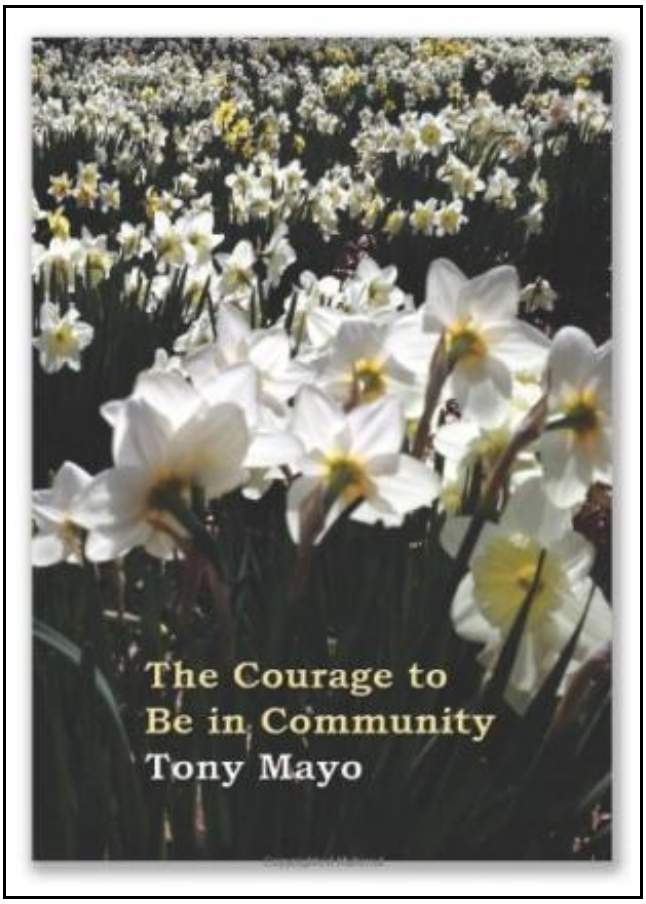
The Courage to Be in Community: A Call for Compassion, Vulnerability, and Authenticity (Paperback)



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Anthony P. Mayo d/b/a MayoGenuine.com, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Now enhanced with links to bonus chapter and video. Scientific evidence and personal experience tell us that sincere, engaging personal relationships are essential for health and happiness. Yet, little is said about how we might actively nurture such relationships for ourselves and for people near us at home and work. Executive Coach Tony Mayo drew on the research of BrenE Brown, Joseph Campbell, and others to compose this enthusiastically received non-sectarian sermon. Originally delivered to the Unitarian Universalist Church in Reston at their Sunday services on January 26, 2014, it has now has been revised and expanded for publication. How do we balance the universal human needs of authenticity and acceptance in our personal lives? How might we foster communities where others have the courage to be truly themselves with us? The word courage originally meant to speak and act from the heart, or cour in Latin. Courage is required to express our deepest and most authentic selves because we so often fear judgment, rejection and exclusion. Listener Comments I so appreciate your wonderful talk yesterday morning. A great reminder for me to continue to take risks in my life and get out of my comfort zone as well as trusting others. It also reminded me of the importance of meditation in my life. -Church Member Your message was loud and clear and magically delivered. Thank you. -Church Member Tony Mayo covers a lot of meaningful ground in a handful of pages - he brings together courage, bravery, belonging, acceptance, compassion and more - and backs it up with insights, experience, AND academic references! I loved it! -Ron Dimon, author of EPM Done Right...

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