

Lean WiN Book



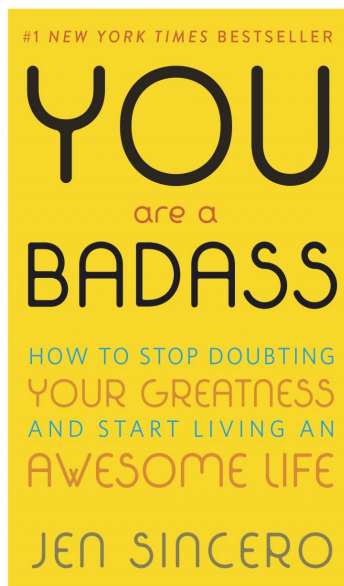
Introducing Book 1 for FY18!

You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life from author Jen Sincero.

What topics will we explore?

In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bite sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word. Learn how to:

- identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want and create a life you totally love
- understand why you are how you are, how to love what you can't change, and how to change what you don't love.



Join Us!

- > **Sign up** by emailing carlee@winrcs.org
- > **Purchase** the book via WiN's Amazon Smile to support WiN activities.
- > **Read** two books with Lean WiN per FY on a new subject each time.
- > **Participate** on your lunch break via pre-scheduled teleconference discussions on 10/26/17 and 3/29/18. Teleconference and group email discussion questions will occur the last Thursday of every month and be emailed to those whom sign up by alayna.jacobs@ms.usda.gov

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