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Extraordinary Women Share
the Wisdom They Wish They'd Had
When They Were Younger

WHAT I KNOW NOW

Letters to
My Younger Self

EDITED BY **Ellyn Spragins**

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What I Know Now Letters To My Younger Self

Ellyn Spragins



What I Know Now Letters To My Younger Self:

What I Know Now Ellyn Spragins, 2006-04-04 If you could send a letter back through time to your younger self what would the letter say In this moving collection forty one famous women write letters to the women they once were filled with advice and insights they wish they had had when they were younger Today show correspondent Ann Curry writes to herself as a rookie reporter in her first job telling herself not to change so much to fit in urging her young self It is time to be bold about who you really are Country music superstar Lee Ann Womack reflects on the stressed out year spent recording her first album and encourages her younger self to enjoy the moment not just the end result Your hair matters far far less than you think is the wry advice that begins the letter bestselling mystery writer Lisa Scottoline pens to her twenty year old self And Maya Angelou leaving home at seventeen with a newborn baby in her arms assures herself she will succeed on her own even if she does return home every now and then These remarkable women are joined by Madeleine Albright Queen Noor of Jordan Cokie Roberts Naomi Wolf Eileen Fisher Jane Kaczmarek Olympia Dukakis Macy Gray and many others Their letters contain rare glimpses into the personal lives of extraordinary women and powerful wisdom that readers will treasure Wisdom from What I Know Now Don t let anybody raise you You ve been raised Maya Angelou Try more things Cross more lines Breena Clarke Learn how to celebrate Olympia Dukakis You don t have to be afraid of living alone Eileen Fisher Please yourself first everything else follows Macy Gray Don t be so quick to dismiss another human being Barbara Boxer Work should not be work Mary Matalin You can leave the work world and come back on your own terms Cokie Roberts Laundry will wait very patiently Nora Roberts Your hair matters far far less than you think Lisa Scottoline Speak the truth but ride a fast horse Kitty Kelley

What I Know Now Ellyn Spragins, 2008-04-08 If you could send a letter back through time to your younger self what would the letter say In this moving collection forty one famous women write letters to the women they once were filled with advice and insights they wish they had had when they were younger Today show correspondent Ann Curry writes to herself as a rookie reporter in her first job telling herself not to change so much to fit in urging her young self It is time to be bold about who you really are Country music superstar Lee Ann Womack reflects on the stressed out year spent recording her first album and encourages her younger self to enjoy the moment not just the end result And Maya Angelou leaving home at seventeen with a newborn baby in her arms assures herself she will succeed on her own even if she does return home every now and then These remarkable women are joined by Madeleine Albright Queen Noor of Jordan Cokie Roberts Naomi Wolf Eileen Fisher Jane Kaczmarek Olympia Dukakis Macy Gray and many others Their letters contain rare glimpses into the personal lives of extraordinary women and powerful wisdom that readers will treasure Wisdom from What I Know Now Don t let anybody raise you You ve been raised Maya Angelou Try more things Cross more lines Breena Clarke Learn how to celebrate Olympia Dukakis You don t have to be afraid of living alone Eileen Fisher Please yourself first everything else follows Macy Gray Don t be so quick to dismiss another human being Barbara Boxer Work should not be work

Mary Matalin You can leave the work world and come back on your own terms Cokie Roberts Laundry will wait very patiently
Nora Roberts Your hair matters far far less than you think Lisa Scottoline Speak the truth but ride a fast horse Kitty Kelley

What I Know Now About Success Ellyn Spragins, 2010-04-27 Erma Bombeck once said When I stand before God at the end of my life I d hope that I would not have a single bit of talent left and could say I used everything you gave me How each woman defines success might be a personal matter but there are certain gems of wisdom we can all share Editor Ellyn Spragins invited women from all walks of life to write letters to their younger selves filled with the knowledge they wish they d had before beginning their own journeys Including tales from trailblazers like legendary news journalist Barbara Walters finance expert Suze Orman pro golfer Annika Sorenstam fashion designer Kate Spade newscaster Soledad O'Brien and fashion icon Diane von Furstenberg these letters highlight what helped each woman get ahead what got in her way and what really mattered Whether they address launching a company running for office starting a family or succeeding in less conventional ways these voices will both move and inspire any woman who counts herself a success in the making

Innovative Collaborative Practice and Reflection in Patient Education Bird, Jennifer Lynne, 2015-01-31 The process of patient education allows for patients to think about their health in new ways and for educators and professionals to propose new ways to heal with the ultimate goal of patients having a positive outlook on life and consistently maintained health Innovative Collaborative Practice and Reflection in Patient Education presents multigenre writing incorporating authors personal and professional stories along with academic theories It combines the fields of education and medicine presenting innovative approaches to health education and designing new approaches to healing This research publication will impact the field of health education and be of use to educators researchers practitioners professionals and patients

The Secret Thoughts of Successful Women Valerie Young, 2011-10-25 Learn to take ownership of your success overcome self doubt and banish the thought patterns that undermine your ability to feel and act as bright and capable as others already know you are with this award winning book by Valerie Young It s only because they like me I was in the right place at the right time I just work harder than the others I don t deserve this It s just a matter of time before I am found out Someone must have made a terrible mistake If you are a working woman chances are this internal monologue sounds all too familiar And you re not alone From the high achieving Ph D candidate convinced she s only been admitted to the program because of a clerical error to the senior executive who worries others will find out she s in way over her head a shocking number of accomplished women in all career paths and at every level feel as though they are faking it impostors in their own lives and careers While the impostor syndrome is not unique to women women are more apt to agonize over tiny mistakes see even constructive criticism as evidence of their shortcomings and chalk up their accomplishments to luck rather than skill They often unconsciously overcompensate with crippling perfectionism overpreparation maintaining a lower profile withholding their talents and opinions or never finishing important projects When they do succeed they think Phew I fooled

em again An internationally known speaker Valerie Young has devoted her career to understanding women s most deeply held beliefs about themselves and their success In her decades of in the trenches research she has uncovered the often surprising reasons why so many accomplished women experience this crushing self doubt In *The Secret Thoughts of Successful Women* Young gives these women the solution they have been seek ing Combining insightful analysis with effective ad vice and anecdotes she explains what the impostor syndrome is why fraud fears are more common in women and how you can recognize the way it mani fests in your life *If I'd Known Then* Ellyn Spragins,2010-06 Spragins s ingenious book is the rare self help volume that young women would elect to read and decidedly enjoy The author profiles 35 highly accomplished women and asks them to write a letter of counsel or encouragement addressed to their younger selves The result is a collection of life directives that are highly personal and disarmingly honest The contributorswho include actress Jessica Alba activist Zainab Salbi and comic book artist Ariel Schragare stars in their own right but their letters reveal that even winners have problemsthe same fears concerns and shortcomings as anyone else And in many cases they are still strugglingwhich raises the question how wise can women in their 20s and 30s no matter how accomplished be Very it turns out These artists athletes and entrepreneurs compassionately address bad relationships bullies eating disorders and crises of faith without ever sounding jaded or condescending This book offers sound advice and is highly recommended for women just starting out **From Three Feet Off the Ground** Christie Havey Smith,2014 For Christie Havey Smith her role as a mother is her greatest gift But one significant day tensions bring her to the floor and the go getter girl sees how she has misplaced pieces of herself in the midst of motherhood Suddenly all she wants is to explore the possibility of being instead of trying to be everything This is Christie s charismatic story of following her toddlers in a humbling yearlong lesson on how to see the world It is the heart song of a mother making life changing discoveries with a view from three feet off the ground She sets out wanting to remember what it means to be amazed be free be attentive be present and love without limits What she experiences is the spiritual discovery of herself With boundless curiosity courage and a wide open heart Christie Havey Smith takes us on the adventure of motherhood *From Three Feet Off the Ground* is a story rich with insights and luminous moments of wonder Lisa Fugard Author of *Skinner s Drift* *Letters to My Teenage Daughter* Gina Andreone Strauss,2018-01-08 This collection of letters and quotes was composed for a young girl on her thirteenth birthday Each one written by a diverse group of women contains insights and advice on what it means to be a woman in the world today Poignant funny and honest these words of empowerment and self discovery connect us to each other and to our own brave voice inside They inspire hope and an understanding that no matter where lifes journey takes you you have company This contemporary yet ever timeless wisdom is a beautiful reminder to us all *Letters of Note* Shaun Usher,2021-10-28 *Letters of Note* the book based on the beloved website of the same name became an instant classic on publication in 2013 selling hundreds of thousands of copies This new edition sees the collection of the world s most entertaining inspiring and unusual letters updated with fourteen

riveting new missives and a new introduction from curator Shaun Usher From Virginia Woolf's heart breaking suicide letter to Queen Elizabeth II's recipe for drop scones sent to President Eisenhower from the first recorded use of the expression OMG in a letter to Winston Churchill to Gandhi's appeal for calm to Hitler and from Iggy Pop's beautiful letter of advice to a troubled young fan to Leonardo da Vinci's remarkable job application letter Letters of Note is a celebration of the power of written correspondence which captures the humour seriousness sadness and brilliance that make up all of our lives *Stuck Is Not a Four-Letter Word* Deborah Johnson,2013-07-08 You may be facing bankruptcy a broken marriage a dead end career unemployment or a health crisis You may feel none of the breaks are going your way and that the circumstances of life are all against you Feeling stuck can leave you feeling alone isolated abandoned and ultimately confused about the decision of your next life move The good news is that you can take action to free yourself and start moving down a new path Building on inspiring interviews illustrations and stories author Deborah Johnson presents seven steps to getting unstuck Define your trap Reassess your assets Reinvent yourself Eliminate distractions Play like you're in the major leagues Do the business Ask what you can give *Stuck Is Not a Four Letter Word* provides you with the direction you need to face your life with the courage that hope brings and the bravery to take the necessary steps to move forward *Birding Through Cancer* Karin Marcus,2016-07-18 What do you do when your world has been turned upside down by some unexpected news How do you cope with the enormity of not knowing how things will unfold This inspirational memoir takes you on one woman's journey weathering a frightening diagnosis by immersing herself in nature Guiding you on mindful walks at every turn you share in the discovery of poignant metaphors revealing that you inherently possess the necessary resources to traverse life's challenges Among the many books I have read about the Cancer experience *Birding Through Cancer* is completely unique Karin Marcus walks a path through the challenges of life threatening illness with the sensitive eye of an expert bird watcher and the wise perspective of a seasoned Life Coach She has filled her book with wonderful quotes and exquisite pictures of the creatures of the sky The outcome is a one of a kind book which is a passionate celebration of the love of life that is the foundation of all healing It will inspire you RACHEL NAOMI REMEN MD author of the New York Times bestseller *Kitchen Table Wisdom* While very personal this book deals with universal themes Life is a journey and a life enriched by birds is an adventure a life worth living and nurturing Pete Dunne author birder and retired director of the Cape May Bird Observatory Inspiring Poignant Full of hope Reading Karin's story will open a path to restoring vitality in your life no matter what you are healing from Carol McClelland PhD author of *Seasons of Change Using Nature's Wisdom to Grow Through Life's Inevitable Ups and Downs* **How We Lead Matters: Reflections on a Life of Leadership** Marilyn Carlson Nelson,2008-09-11 From the woman named one of America's Best Leaders by U S News Report Powerful insights into the practice of motivation Marilyn Carlson Nelson has achieved global recognition for the Carlson brands of hotels restaurants cruise travel and marketing services But that's only part of the story As a daughter wife mother and grandmother Marilyn has always put

people first When her grandson asked a simple question about her life she decided to write it all down her fondest memories and deepest insights in *How We Lead: Matters, Reflections on a Life of Leadership* This thoughtful book offers a surprisingly personal glimpse into a multi faceted woman who happens to be one of the most successful CEOs in the world She describes the thrill of flying in an F16 over Death Valley without getting sick and throwing a barbeque for the KGB who preferred vodka to the traditional beer She shares the difficulty of making choices and sacrifices to run her family s business and the heartbreak of losing a child Her insights are sprinkled with the timeless words of Mahatma Gandhi Anne Frank Oscar Wilde Albert Einstein Mark Twain and others as she talks about what it s like to be a woman in today s business world while reflecting on an engaging array of subjects from equal rights to corporate wrongs to motherhood Most compelling of all she reveals how a meaningful legacy is built one day at a time **How to Survive Change You Didn't Ask For** M.J.

Ryan,2024-03-12 *Life Changing Advice for Thriving in a Shifting World* teaches us how we can get through the pain more quickly and extract greater meaning from the nonnegotiable events of life Ellyn Spragins author of *What I Know Now: Letters to My Younger Self* Overwhelmed by life s challenges Exhausted by crisis after crisis in the world Bestselling author M J Ryan s *How to Survive Change You Didn t Ask For* is filled with advice and timely relevant tips to help you cope change your mindset and ultimately thrive Transform your mindset and find success In today s tumultuous times it s almost certain that you re grappling with unexpected changes perhaps a life changing crisis like job loss or the shattering of a long held dream You might be surviving change at work or seeking a new place to call home Esteemed bestselling author renowned thought leader and change expert M J Ryan returns with her powerful insights and strategies to guide you through the turbulence of change regardless of its nature Equip yourself with the tools to manage change Change is seldom easy especially when it arrives uninvited However within every moment of upheaval lies an opportunity for personal growth and a change for the better Within the pages of her book Ryan offers a comprehensive roadmap for preserving your mental acuity and enhancing your response to life s unpredictable shifts one step at a time With her expert guidance your adaptability will flourish bolstering your confidence and enabling you to not only survive but flourish in the uncertainty of life Inside learn how to Accept change Expand your options Strengthen your adaptability Take decisive action If you liked books about resilience such as *Master of Change* *Do Hard Things* or Curtis Bateman s *Change* you ll love *How to Survive Change You Didn t Ask For*

Unleashing Your Inner Leader Vickie Bevenour,2015-01-26 Leverage your brand of leadership for maximum results *Unleashing Your Inner Leader: Executive Coach Tells All* presents the premise that there is a powerful leader inside each of us The focus is on real life exercises and case studies to help you discover release and leverage your inner leader to reach heights in your career that you never thought possible The book discusses the individual s impact on the organization and which professional behaviors most frequently demonstrate leadership competencies Conduct a forensic intervention to find out what is going awry in your professional development or what has gone wrong in the past and craft a strategy to overcome

obstacles gain unmistakable clarity about yourself and focus your abilities to match organizational needs Great leaders start their assessments from the inside out and their passion is so strong that it permeates their organizations and builds the culture regardless of rank They inspire their teams by sharing the spotlight and encouraging coworkers to excel operating with clean authenticity to maximize results Unleashing Your Inner Leader helps you recognize where you fall on the leadership spectrum and provides practical advice for shaping your brand of leadership to capitalize on your authentic capability and potential You ll find expert insight as an executive business coach guides you to Evaluate your strengths values and personal impact to craft a vision for the world around you Discover what s holding you back from maximum effectiveness Tap into your undiscovered potential and inspire your team to excellence Recognize what it will take to move you and your organization to the next level It is often very difficult for leaders to see their own greatness unlock it and use it in a practical way to get results Be the spark that ignites your team and steer your own development toward becoming an impactful leader with Unleashing Your Inner Leader *Top Secret! What 100 Brave Critics Say about What I Know Now* Isaac Harfoot,2013-04 In this book we have hand picked the most sophisticated unanticipated absorbing if not at times crackpot original and musing book reviews of What I Know Now Letters to My Younger Self Don t say we didn t warn you these reviews are known to shock with their unconventionality or intimacy Some may be startled by their biting sincerity others may be spellbound by their unbridled flights of fantasy Don t buy this book if 1 You don t have nerves of steel 2 You expect to get pregnant in the next five minutes 3 You ve heard it all **Letters to My Younger Self** T. King,2023-05 If you had the chance to talk to your younger self what would you say What advice would you give What encouraging words would you bestow Letters To My Younger Self is just that It is a collection of letters that author T King has compiled with the hopes that others benefit from the advice given to her younger self Growing up is hard to do Some people walk through life wishing they knew back then what they know now This compilation of letters intends to help people young and old better understand themselves and embrace exactly who God has called them to be **The Publishers Weekly** ,2006 All the Men I've Loved Again Christine Pride,2025-07-08 From Christine Pride the beloved coauthor of the Good Morning America Book Club Pick We Are Not Like Them comes a dazzling solo debut novel about a woman who finds herself in the impossible situation of being in love with the same two men who won her heart in her early twenties again as she nears forty It s 1999 TLC s No Scrubs is topping the charts y2k is looming on everyone s mind and Cora Belle has arrived at college ready to change her life She s determined to grow out of the shy sheltered girl who attended an all white prep in her all white suburb Cora is ready to conquer her fears and find her people her place in the world and herself What she s totally unprepared for is Lincoln with his dark skin charming southern drawl and that smile Because how can you ever prepare yourself for the rollercoaster of first love with all its glorious bewildering contradictions Just when Cora thinks she s got things figured out a series of surprises and secrets threaten to upend everything she thought she understood about love and loyalty In the wake of these

developments and a shocking tragedy a new man enters Cora's life Aaron further complicating everything He's the only one who seems to get her and the letters she writes to him when the two are separated reveal the truth of their inescapable connection There's only one problem how can she fall in love with one man when her heart belongs to another Twenty years later and Cora is all grown up or mostly and has cloaked herself in loneliness like a warm blanket It's the safest choice But then an unexpected reconnection and a chance encounter puts her right back where she started The same two men the same agonizing decision Finding herself in this position again will test everything Cora thought she knew about fate love and most importantly herself All The Men I've Loved Again is a big hearted coming of age story for anyone who's thought what if about a past love and what it would be like to have a second chance **Against the Grain** ,2007 **Realtor Magazine** ,2008

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