

Wilderness Skills For Women How To Survive

'Woman in the Wilderness is an intriguing and mesmerizing book.' Ben Fogle It tells how one woman learned to dig deep and push the boundaries in order to discover what really matters in life. Miriam is a young Dutch woman living in the heart of the mountains with her New Zealand husband. She lives simply in a tent or hut, and survives by hunting wild animals and foraging edible plants, relying on only minimal supplies. For the last six years she has lived this way, through all seasons, often cold, hungry and isolated in the bush. She loves her life and feels free, connected to the land, and happy. There's a lot of drama out there in the wild, and Miriam knows how to spin a good yarn. This is a gripping and engaging read reminiscent of both adventure writing like Wild and nature writing like H is for Hawk, and is perfect for anyone exploring the idea of living a more authentic, real life. 'My life is free, random and spontaneous. This in itself creates enormous energy and clarity in body and mind.' Miriam Lancewood

This book is a first-person account of a disaster on a solo hiking trip. Author Amy Racina was hiking in a remote part of King's Canyon National Park in California's Sierra mountains when she lost the trail. With no warning, she suddenly fell sixty feet, breaking both legs on the rocks below. She survived for four days and nights, battling pain, fear and exhaustion, pulling herself along with her hands and refusing to give up. She was miraculously saved, her calls heard by a man who was partially deaf. It describes her dramatic rescue as she was airlifted out, swinging helplessly from two straps, dangling fearfully beneath a helicopter high above the ravine where she had fallen. It is an amazing tale of despair and courage and hope. It speaks of incredible strength and heartbreaking weakness as it details what one woman believed might be the last days of her life. It is a memory of the darkest of times and an affirmation of miracles.

Wilderness Survival Skills is an outdoor survival guide that utilizes the most popular and versatile tool carried by every hiker, camper and hunter: the knife. It provides you with the essential information and life-saving techniques for all survival situations, including hunting, fishing, and trapping, building a shelter, making a fire, self-defense, and carving useful tools. Each chapter presents the knife skills and activities essential for wilderness survival, including: using a knife and axe, carrying and caring for a knife, securing food with a knife, sharpening an axe, and constructing watercraft with a knife

A complete self contained reference manual and course book designed to teach fundamental Outdoor Skills and the Basics of Hiking and Backpacking in a safe structured manner. Intended to be used by individuals, students or Youth Group Leaders, the book is divided into 3 sections; "Introduction to Basic Wilderness Skills", "Backpacking Basics", and "Youth Leadership Development". The first two sections cover Hiking Essentials (clothing, essential equipment, environment), Basic Outdoor Skills (Fire Starting, Shelter Building, Water Procurement, Survival Basics), basic Land Navigation and Orienteering, Backpacking equipment selection (tents, sleeping bags, and packs), and Trail Nutrition and Cooking. The 3rd section covers Youth Leadership Training, Development of Outdoor Skills Training Scenarios and Advanced Outdoor Techniques in knot tying and shelter building. The book contains easy to read Training Plans, and Course Templates for those who regularly work with youth or Outdoor Instructional programs.

NEW YORK TIMES BESTSELLER • An indispensable guide to surviving everything from an extended wilderness exploration to a day-long boat trip, with hard-earned advice from the host of the show MeatEater as seen on Netflix For anyone planning to spend time outside, The MeatEater Guide to Wilderness Skills and Survival is the perfect antidote to the sensationalism of the modern survival genre. Informed by the

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real-life experiences of renowned outdoorsman Steven Rinella, its pages are packed with tried-and-true tips, techniques, and gear recommendations. Among other skills, readers will learn about old-school navigation and essential satellite tools, how to build a basic first-aid kit and apply tourniquets, and how to effectively purify water using everything from ancient methods to cutting-edge technologies. This essential guide delivers hard-won insights and know-how garnered from Rinella's own experiences and mistakes and from his trusted crew of expert hunters, anglers, emergency-room doctors, climbers, paddlers, and wilderness guides—with the goal of making any reader feel comfortable and competent while out in the wild.

It's woman versus wild in this fun yet frank book about the various wilderness seasons of life. Whether it's relationship drama, the constant pull of our sinful nature, a health issue, or any variety of unmet dreams, Marian Jordan turns readers to God's Word as the ultimate wilderness survival guide.

“Unique among survival books . . . stunning . . . enthralling. Deep Survival makes compelling, and chilling, reading.”—Denver Post Over a decade since its original publication, Laurence Gonzales's bestselling *Deep Survival* has helped save lives from the deepest wildernesses, just as it has improved readers' everyday lives. Its mix of adventure narrative, survival science, and practical advice has inspired everyone from business leaders to military officers, educators, and psychiatric professionals on how to take control of stress, learn to assess risk, and make better decisions under pressure. Now with a new introduction on how this book can help readers overcome any of life's obstacles, Gonzales's gripping narrative is set to motivate and enlighten a new generation of readers.

The Foundation of All Survival Skills is “Feeder” Mind-Set “Feeder” mind-set means being in control of a situation, proactive rather than reactive. It is an optimistic outlook that reframes any situation as a learning experience. Kevin Estela teaches survival skills from this feeder-based perspective, which is what separates his teaching style from other wilderness instructors. Kevin has written the quintessential guide for an outdoor enthusiast's “bucket list” of skills—how to make a fire, build a shelter, gather food, find water, use a knife correctly and make cordage. These skills will keep you safe and better prepare you to deal with emergencies in the field, when you'll need the additional skills of signaling and communication, navigation and crisis first aid taught in this book. Each chapter concludes with more advanced techniques to build your skills in various challenging situations, with tips that even seasoned survival enthusiasts haven't thought of. *101 Skills You Need to Survive in the Woods* is not a onetime read but a lifetime reference you will turn to over and over again. It will become the first thing you pack for any adventure and just might save your— or someone else's—life. Kevin Estela, a bushcraft and survival expert, is an avid world traveler and martial arts instructor.

With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable. *Herbal Medic* covers first-aid essentials, such how to assess a situation and a person in need of treatment and distinguish between illness and injury, as well as how to prepare and use herbs when there is no access to conventional medical treatment. In addition, the book provides a basic introduction to herbal medicine, with detailed entries on the best herbs to use in treatment; information on disease in the body and how herbs work against it; instructions for making herbal preparations; a list of those herbs the author has found most useful in his clinical

experience; and a wide array of specific herbal care protocols for a multitude of acute health issues. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

Few experiences rival a grand outdoor adventure. Hiking into the wilderness, camping under the stars, and exploring the backcountry offer new challenges that awaken a woman's spirit and test her soul. *Woman in the Wild: The Every Woman's Guide to Hiking, Camping, and Backcountry Travel* is the perfect companion for any woman looking to get into the backcountry lifestyle or level up her current active outdoor life. Adventurer and guidebook author Susan Joy Paul provides real instruction for women of all ages and skill levels, from beginners to intermediate hikers and experienced mountaineers. She shares details gleaned from two decades of training and real-world experience, bringing together everything a woman needs to know to be safe, independent, and self-reliant at camp and on the trail. Five sections and twenty-five chapters cover hiking, camping, and backcountry travel from the basics to advanced skills. *Backcountry Essentials: Learn what to wear, how to pack, and where to find hiking partners for your outdoor adventures* *You in the Wilderness: What every woman needs to know about nutrition, first aid, and personal care to stay healthy on the trail* *Pushing Off: Backcountry knowledge and skills around land navigation, terrain, and weather take your travels to the next level* *Reaching New Heights: Beyond the basics, understand how training, setting goals, and engaging strategies for success add a new and exciting dimension to your outdoor life* *Next Steps: Leave the flatlanders and fair-weather hikers behind with an introduction to high altitude mountaineering, winter camping, glacier travel, and more* The backcountry beckons, and women want to go. With *Woman in the Wild*, they can!

"For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's *Wild*, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from ofemine functionso in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation"

"Meant to follow "Bushcraft 101" by providing more advanced techniques for making tools, traps, shelters, and more, in the wilderness"--

A comprehensive examination of the wisdom and practical arts of California's native population offers step-by-step instructions for utilizing ancient knowledge, such as tool building, fire-making, hunting, fishing, and much more. Original. Handbook of wilderness survival skills for hikers and backpackers.

Based on an Athabascan Indian legend passed along for many generations from mothers to daughters of the upper Yukon River Valley in Alaska, this is the suspenseful, shocking, ultimately inspirational tale of two old women abandoned

by their tribe during a brutal winter famine. Though these women have been known to complain more than contribute, they now must either survive on their own or die trying. In simple but vivid detail, Velma Wallis depicts a landscape and way of life that are at once merciless and starkly beautiful. In her old women, she has created two heroines of steely determination whose story of betrayal, friendship, community and forgiveness "speaks straight to the heart with clarity, sweetness and wisdom" (Ursula K. Le Guin).

Girls belong outdoors! This handbook covers everything you need to get outside, including ideas for what to do, camping and hiking basics, body stuff in the wilderness, advanced skills like maps, weather, and first aid, as well as recipes, projects, activities, and profiles of inspiring outdoorswomen. Your definitive guide to getting outside--for girls ages 9-12! In addition to basic outdoor skills, this entertaining guidebook includes easy camping recipes, outdoor projects including science experiments and crafts, fun activity suggestions, and inspiring stories of diverse historical and contemporary outdoorswomen (such as Arunima Sinha, the first amputee woman to summit Mount Everest; Juliette Gordon Low, founder of the Girl Scouts; and Libby Riddles, first woman to win the Iditarod). The goal is to improve the quality of girls' outdoor time by increasing participation and independence, making them feel comfortable and safe, and giving them essential skills and knowledge. Charming and approachable, this book will encourage both reluctant campers and budding naturalists to go wild and embrace the outdoors.

Become a pro at living and thriving off the land. *Survival Skills of the Native Americans* is a fascinating, practical guide to the techniques that have made the indigenous people of North America revered for their mastery of the wilderness. Readers can replicate outdoor living by trying a hand at making rafts and canoes, constructing tools, and living off the land. Learn key skills like: Building a strong campfire Learning to hunt and butcher your meats Creating a safe and solid shelter And much more! Whether you're an avid outdoorsman or a novice hiker, *Survival Skills of the Native Americans* is your handbook to not simply surviving the outdoors, but flourishing. The know-how of the Native Americans is unique and popular, admired by young people, historians, and those with a special interest in living off the land. Native Americans have lived outdoors for ages, and now you can be successful, too, with the skills, tips, and tricks included in this handy manual. Skyhorse Publishing is proud to publish a broad range of books for hunters and firearms enthusiasts. We publish books about shotguns, rifles, handguns, target shooting, gun collecting, self-defense, archery, ammunition, knives, gunsmithing, gun repair, and wilderness survival. We publish books on deer hunting, big game hunting, small game hunting, wing shooting, turkey hunting, deer stands, duck blinds, bowhunting, wing shooting, hunting dogs, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not

otherwise find a home.

Completely updated with information on keeping yourself safe and healthy in the wilderness. A comprehensive, well-organized, and user-friendly guide to staying alive in the backcountry.

Real-World Tactics for Safety and Survival in Extreme Situations For the beginner and way beyond, Extreme Wilderness Survival has what every outdoorsman needs to stay safe in the woods: the right mind-set, skills, advanced tactics and gear choices based on real experiences. Craig Caudill of Nature Reliance School has spent four decades gathering expertise in outdoor survival—including two 30-day solo sabbaticals in remote woods with only a knife. He teaches military personnel as well as everyday citizens how to avoid trouble and what to do when you can't avoid it. In this book, Craig puts it all together in a sensible way, step by step, for almost any scenario—from getting lost alone to extreme group tactics. You'll learn how to:

- Strengthen your mental fortitude
- Heighten awareness to avoid danger
- Hunt, fish and forage for food
- Make gear from scratch
- Use tactics and self-defense to fight off predators
- Track animals and other people
- Choose the right gear to help you get home safe always

In this book, you'll learn how to work with nature, not against it, so you can travel with a healthy dose of confidence and caution, stay safe and survive no matter what dangers you encounter.

For women who enjoy hiking, camping, backpacking, and other outdoor recreation or those inspired by Cheryl Strayed's Wild, this is the definitive guide to being a woman in the great outdoors. This friendly handbook covers the matters of most concern to women, from "feminine functions" in the wilderness to how to deal with condescending men, as well as the basics of wilderness survival tailored to women's unique needs. It includes gear lists in addition to advice for camp setup, fire building, food and water, safety, weather, and navigation.

Be ready for any emergency, at any time. Could you survive in the wilderness on your own? From clothing recommendations to picking the best firestarter, expert survival instructor Leon Pantenburg shares his immense knowledge of bushcraft and survivalist skills so that anyone—backpackers, preppers, city dwellers, and more—can be ready for a possible emergency. In Bushcraft Survival, Pantenburg delivers practical tips and anecdotes that cater to readers who are looking to improve their outdoor skills and prepare for every potential disaster. Drawing from his personal experience as an avid outdoorsman and years as a journalist, Pantenburg lays out easy-to-follow steps to prep for both short and long-term survival situations. As natural disasters become increasingly present and people continue to rely on reality television shows for survival tips, developing bushcraft abilities is becoming more and more important. In this thorough handbook, Pantenburg covers a wide range of topics, including:

- Developing a survival mindset
- Crafting survival kits
- Choosing clothing best suited to survival
- Picking materials and objects to help you survive
- Building a variety

of shelters Deciding what survival tools you should pack and which you should leave at home Effectively make a fire using different techniques Filled with time-tested techniques and first-hand experience, Bushcraft Survival is the ideal book for those who want to step up their hiking or camping game, as well as those who are searching for relevant advice on emergency preparedness.

From building fires to building shelters, the best advice from expert survivalist Bradford Angier all in one handy guide, newly revised and updated.

Survival Mega Bundle: Get Alive From Any Dangerous Situation With These 250 Survival Skills Book#1: Survival Communication: 20 Ensure Ways To Connect With Your Family While Cataclysm Book #2: Wild Survival: Learn How To Escape Attack Of A Dangerous Wild Animal When No One Around Book#3: Poisonous Mushrooms You Shouldn't Be Tricked With: A Must Have Book For Mushroom Hunting Book#4: Situational Survival For Women: 10 Dangerous Situations That Can Await Every Woman And Proven Methodic To Come Out Of Them As A Winner Book#5: Wise Prepping: Important Things Every Beginner Prepper Needs And List Of Mistakes To Avoid Book#6: Survival: Disappear Without Trace, Find Food, Build Shelter, Filter Water And Start A Fire In The Deepest Wilderness Book#7: Navigation For Dummies: 30-Minute Guide On Map Reading, GPS, Compass Use And Advanced Navigation Methods In The Wilderness Book#8: Winter Survival: How To Stay Warm, Dry And Alive In Freezing Wilderness Download your E book "Survival Mega Bundle: Get Alive From Any Dangerous Situation With These 250 Survival Skills" by scrolling up and clicking "Buy Now with 1-Click" button!

Wilderness Therapy for Women offers women risktaking adventure activities in the outdoors as an alternative to traditional therapy. The contributing authors illustrate the empowerment, confidence, and self-esteem women can derive from adventure and experiential activities. This is the first book of its kind devoted to the symbolic value of wilderness accomplishments to women's mental health. Wilderness Therapy for Women unites women with nature and each other by lifting the social constraints surrounding women in adventure pursuits. It offers women a new method of healing while developing an appreciation for the uniqueness of the environment. Daring experiences in the outdoors rekindles a sense of strength and a respect for the provider of that strength. A therapeutic experience from the outdoors provides women with an awareness of their capabilities to strengthen and preserve themselves and their surroundings. This book is divided into four parts: Theoretical Perspectives, Wilderness Therapy in Action, Special Populations, and Personal Narratives. Readers will find many topics of interest including: Body image and wilderness therapy The therapeutic value of the wilderness Ethical considerations of experiential therapy Ropes courses for women All-women's river trips Special populations: rape and incest survivors, welfare mothers, and mid-life women. Intended as a guide book, Wilderness

Therapy for Women is ideal for mental health professionals who are either practicing wilderness therapy or merely inquisitive about it. Outfitters and professional outdoor leaders will benefit from chapters on theory, applications, and special populations. Outdoor program administrators and educators who must remain on the cutting edge of their industry will also profit from this book.

When keen outdoorsperson Amy Raye Latour ventures into the wilderness for the last time this season, things turn dangerous. She finds herself on the verge of the precarious edge that she's flirted with her entire life. When Amy Raye doesn't return to camp, ranger Pru Hathaway responds to the missing person's call. Even after an unexpected snowfall turns the operation into a search and recovery, Pru's discoveries lead her to suspect Amy Raye is still alive. Her search becomes an obsession with a woman whose life is just as mysterious as the clues she has left behind.

An essential guide to everything you need to stay sheltered, fed, healthy, and safe in the backcountry Organized around the six essentials of survival (shelter, water, food, fire, comfort and health, and navigation), Wilderness Survival Handbook covers 100 skills and techniques, including preserving fire, building pit shelters, toolmaking, stoneboiling cookery, and trapping and hunting animals with handmade tools and weapons. By mastering these skills, you will be able to survive with few tools or provisions in any wilderness setting--forest, plain, desert, or tundra--in nearly any part of the world.

From Moses to Jesus, so many heroes of the Bible had to endure some type of wilderness season in their life, a time of testing that was painful to endure but ultimately brought glory to God. In Wilderness Skills for Women, rising author/speaker Marian Jordan sees the same thing happening today as she and her friends still find themselves going through periods of isolation, temptation, sorrow, and waiting. Whether it's relationship drama, the constant pull of our sinful nature, a health issue, or any variety of unmet dreams, Jordan turns readers to God's Word as the ultimate wilderness survival guide. Conversational and self-deprecatingly confessional in her delivery, this young writer finds ways to have fun with delicate subject matters, using wilderness analogies to great effect in chapters titled "Drink Plenty of Water," "Seek Shelter," and "Don't Eat the Red Berries."

Shows how to build a lean-to, make a fire, obtain safe drinking water, harvest and prepare food plants, make tools and weapons, catch fish, and hunt animals

Filled with valuable information for hobbyists, survival enthusiasts, family campers - and everyone who enjoys outdoor life, Mountainman Crafts and Skills is the essential illustrated guide to wilderness living and survival. How to make your own clothing, shelter, and equipment are all covered in step-by-step detail—through illustrations by the author himself. Learn how to make and use hunting tools and utensils, wild game traps, mountainman clothing, powder flasks and horns, tents, deer-horn jewelry, and much more. Wilderness survival skills are also covered, with instruction geared at both novice and expert. Learn how to trap wild game, tan hides, shoot with black powder, make a fire, and cook a hearty meal with only the barest of essentials.

Presents information on basic camping and survival skills while in the wilderness, covering topics such as getting lost, navigating through different terrains and climate conditions, first aid, using compasses and binoculars, wildlife, and cooking.

Anyone can get lost while camping or on a hike and Survivor Kid teaches young adventurers the survival skills they need if they ever find themselves lost or in a dangerous situation in the wild. Written by a search and rescue professional and lifelong camper, it's filled with safe

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and practical advice on building shelters and fires, signaling for help, finding water and food, dealing with dangerous animals, learning how to navigate, and avoiding injuries in the wilderness. Ten projects include building a simple brush shelter, using a reflective surface to start a fire, testing your navigation skills with a treasure hunt, and casting animal tracks to improve your observation skills.

Analyzes the historical reasons behind the traditional alienation of women from the outdoors, showing how the barriers have crumbled in the last few decades

After following the advice from a manual called "How to Meet and Marry Mr Right", Jane learns that in love there is neither pattern nor promise. This is a funny collection of connected stories and a portrait of Jane, a woman manoeuvring her way through love, sex and relationships.

The ultimate resource for experiencing the backcountry! Written by survivalist expert Dave Canterbury, Bushcraft 101 gets you ready for your next backcountry trip with advice on making the most of your time outdoors. Based on the 5Cs of Survivability--cutting tools, covering, combustion devices, containers, and cordages--this valuable guide offers only the most important survival skills to help you craft resources from your surroundings and truly experience the beauty and thrill of the wilderness. Inside, you'll also discover detailed information on: Choosing the right items for your kit. Manufacturing needed tools and supplies. Collecting and cooking food. Protecting yourself from the elements. With Canterbury's guidance, you'll not only prepare yourself for any climate and situation, you'll also learn how to use the art of bushcraft to reconnect with nature in ways you've never imagined.

Wilderness Survival Skills is an outdoor survival guide that utilizes the most popular and versatile tool carried by every hiker, camper and hunter: the knife. It provides you with the essential information and life-saving techniques for all survival situations, including hunting, fishing, and trapping, building a shelter, making a fire, self-defense, and carving useful tools. Each chapter presents the knife skills and activities essential for wilderness survival, including: using a knife and axe, carrying and caring for a knife, securing food with a knife, sharpening an axe, and constructing watercraft with a knife.

At once practical and creative, this book was feminism's Whole Earth Catalog Originally published in 1973, The New Woman's Survival Catalog is a seminal survey of the second-wave feminist effort across the US. Edited by Kirsten Grimstad and Susan Rennie in just five months, The New Woman's Survival Catalog makes a nod to Stewart Brand's influential Whole Earth Catalog, mapping a vast network of feminist alternative cultural activity in the 1970s. Grimstad and Rennie set out on a two-month road trip in the summer of 1973, meeting and interviewing a range of organizations and individuals, and gathering vital information on everything from arts groups to bookstores and independent presses, health, parenting and rape crisis centers and educational, legal and financial resources. "These projects express a rejection of the values of existing institutional structures," Grimstad and Rennie wrote, "and, unlike the hip male counterculture, represent an active attempt to reshape culture through changing values and consciousness." Arranged in themed sections on art, communications, work and money, child care, self-help, self-defense and activism, The New Woman's Survival Catalog provides crucial insight into feminist initiatives and activism nationwide during the

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Women's Movement. It includes a "Making the Book" section that details the publication's production. Kirsten Grimstad and Susan Rennie are the coeditors of *The New Woman's Survival Catalog* and *The New Woman's Survival Sourcebook* (1975). They went on to cofound *Chrysalis: A Magazine of Women's Culture*, published out of the Woman's Building in downtown Los Angeles from 1977 to 1981. Grimstad is currently Co-Chair of Undergraduate Studies at Antioch University, Los Angeles; she is the author of *The Modern Revival of Gnosticism and Thomas Mann's Doktor Faustus* (2002). Rennie taught social sciences at Union Institute & University in Cincinnati, worked as a women's health activist and now lives in Venice, California.

Whether in the rugged backcountry or a suburban backyard, kids can experience the sense of personal independence and self-confidence that come from outdoor proficiency, while also developing a deeper connection to and understanding of the natural world. With this skills-based book, kids learn essential safety and survival tips and bushcraft that they need to have a safe wilderness experience. Led by outdoor leader Frank Grindrod of Earthwork Programs, every turn of the page takes kids on another stage of the journey. They learn how to pack for the outdoors, navigate using a map and a compass, choose and set up a campsite, handle and use a knife properly, build a fire, tie different types of knots, make a lean-to out of sticks and leaves, and cook over an open fire. This guide teaches more than just outdoor know-how; it fosters appreciation for the natural world and pride in knowing how to use its resources as a tool for survival and adventure.

No, it's not just you, and you're not tripping! Let's be honest; the majority of the corporations we're working for weren't founded with us in mind. It is no secret how stressful, challenging, and difficult working in corporate America can be, especially for women of color. But guess what, Sis? You made it, and most of us had to fight really hard to get here. We've worked long hours, continued our education, moved across the country, and made countless sacrifices. Now, wouldn't it be nice to feel respected, valued, and be equally compensated? Wouldn't it be nice to create more significant contributions toward our careers while navigating the corporate beatdown more effectively? Look no further; help is in your hand. ? But, first, let's take a deep breath and woosah. *Woosah: A Survival Guide for Women of Color Working in Corporate* is guaranteed to help you better navigate the workplace while keeping your confidence, cool, and peace of mind. ? Packed with down-to-earth commentary, unfiltered and relatable stories, points to ponder, exercises, and practical tools in it, *Rahkal* provides invaluable advice for tackling thorny topics like discrimination, wage gaps, biases, toxic environments, self-worth, boundary setting, and community building. This humorous and energetic guide is for the woman who's ready to thrive.

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