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As women we want to be seen as understanding, compassionate and fair. Powerful? Don't go there. Fearful of perceptions and stereotypes, even the strongest women sometimes perceive power as being negative. Anxious about being labeled as demanding or hard to please, women often feel hesitant to assume appropriate power. The result? Women give away their legitimate power in ways they can't even see. They struggle with setting limits and self-care. Using metaphors from the equine world, Darcie Harris leads women to rethink their perceptions of power, face the fears that cause them to play small, a

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