



Choose Courage: Step Into the Life You Want

By Ruth M. Schimel Ph.D.



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Choose Courage: Step Into the Life You Want transforms what could just be a heroic cliché into actual ways you can realize your true capacities. Based on doctoral-level research with everyday people, Ruth Schimel has developed a 21st-century definition of courage. Instead of telling other people's stories, this book shows how your own efforts at dealing with difficult or challenging situations already prove your capacity for courage. You'll get the tools and guidance to build on your strengths and skills, whether or not you appreciate them entirely now. You'll also benefit from an array of options for transcending emotional barriers. The design also distinguishes Choose Courage. Since life is not linear, you can choose among the wide range of standalone aspects; they include insights from multiple disciplines, action plans, guides, and checklists. Photos, drawings and poetry inspire and entertain, as do quotes and humor. The holism of the one-sentence, new definition of courage integrates this richness and provides a firm platform for action. The book is adaptable to your situations. Avoiding the "just do it" tone of many self-help and how-to approaches, Choose Courage offers small, modest steps you can take for success that has meaning to you.

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Editorial Review

Review

Choose Courage offers a unique set of guidelines that is sensitive to the individual reader and allows everyone to tailor the recommendations to their own set of circumstances.

Dr. Schimel offers a positive, manageable, and realistic six-step process. Each step builds upon the first one in an organic manner. *Choose Courage* is an outstanding life map that guides a range of individuals from business leaders to elementary teachers to exhibit courage and to use their respective talents without boundaries, without fear.

-Dr. Hubert Glover, Drexel University

About the Author

Ruth Schimel may not seem a neatly-defined expert to some people. Her focus is encouraging clients and readers to realize their true capacities for their own and others' benefit. To honor their complexity, she integrates a range of ideas, subjects and information. They include the social sciences, sciences, and arts.

Since 1983, Ruth has consulted with over 1,000 career and life management clients of all ages and backgrounds. Building beyond conventional approaches, she provides digestible, engaging materials, inspiration, and tailored guidance to promote self-sufficiency and progress. Dr. Schimel's Web site is located at ruthschimel.com. ; Ruth also speaks and writes, trains and facilitates groups.

In 1998, she developed with her mother and now manages The Schimel Lode, a nontraditional foundation to promote collaboration and innovation for the public good in the Washington, D.C. area. The Web site for The Schimel Lode is located at TheSchimelLode.net. ; Previously, Ruth was a management consultant and taught a variety of human resource and related subjects at Georgetown, American, George Washington, and Marymount Universities.

In a prior incarnation at the Department of State, she was a diplomat in Ecuador, Guatemala, and India. In those posts, she did work such as managing human resources, analyzing research and intelligence, and heading the consular section in Calcutta. She continues to speak Spanish.

Ruth's degrees are:

Ph.D. in public management, workforce development, and gerontology, George Washington University (GWU): Dissertation topic: Becoming Courageous: A Search for Process

M.A. in behavioral science, government, and personnel, GWU

B.S. in industrial and labor relations, Cornell University

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Stacy Knarr:

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