



Spiraling Upward: The 5 Co-Creative Powers for Women on the Rise

Wendy Wallbridge

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Women comprise 51 percent of the world's population, make up over half the workforce, and control 85 percent of consumer decisions. Never before have women been so degreed or so represented as decision makers in all areas of influence. Why, then, do we still feel as if success eludes us? Why do we sometimes struggle to keep our drive alive? The linear, heads-down, forward-at-all-cost approach to success that has been forged by men will never take us to the heart of fulfillment. Women are not designed for the straight and narrow path. But until now there hasn't been another choice.

Pioneering corporate coach Wendy Wallbridge recognizes this unmet need of professional women for an alternative path to success. *Spiraling Upward: The 5 Co-Creative Powers for Women on the Rise* offers a cogent, step-by-step roadmap for professional women to unlock their power and achieve success on their own terms. The "Spiral Up" method teaches women to cultivate the five co-creative powers of energy, thoughts, feelings, speech, and action—the fundamentals of self-creation—in order to redefine success and re-author their lives. If you're ready to rise up and express your creativity, authenticity, voice, and power to effect the changes you want, *Spiraling Upward* will show you the way.

Complete with easy-to-follow steps and exercises, as well as inspiring stories of successful women, this book offers a cogent road map for professional women looking to unlock their power and achieve success on their own terms.



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