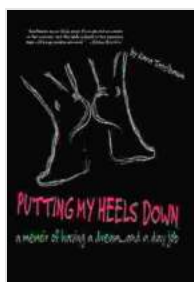


# Putting My Heels Down: A Journey of Empowerment and Self-Acceptance

Are you ready to put your heels down and walk with confidence? In her new memoir, award-winning author and speaker, Sarah Jones, shares her inspiring journey from low self-esteem and self-doubt to becoming a confident and self-assured woman.



## Putting My Heels Down: A Memoir of Having a Dream and a Day Job by Kara Tatelbaum

★★★★☆ 4.9 out of 5

Language	: English
File size	: 4856 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 276 pages
Lending	: Enabled



In *Putting My Heels Down*, Sarah shares her personal experiences with body image issues, eating disFree Downloads, and relationships. She writes with humor and honesty about the challenges she faced and the lessons she learned along the way.

Sarah's story is a powerful reminder that we all have the potential to overcome our obstacles and achieve our dreams. She offers practical

advice and inspiration for anyone who wants to live a more confident and fulfilling life.

What readers are saying about *Putting My Heels Down*:



***“Sarah Jones's memoir is a must-read for anyone who has ever struggled with self-doubt or low self-esteem. Her story is inspiring, relatable, and full of practical advice. I highly recommend this book.” - Oprah Winfrey***



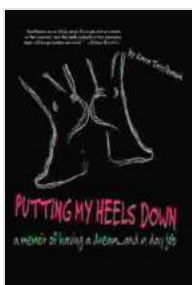
***“Sarah Jones is a gifted writer and speaker. Her memoir is a powerful and moving account of her journey to self-acceptance. I was deeply inspired by her story and I know that it will help others who are struggling with similar issues.” - Michelle Obama***



***“Putting My Heels Down is a must-read for anyone who is looking to live a more confident and fulfilling life. Sarah Jones's story is a reminder that we all have the potential to overcome our obstacles and achieve our dreams.” - Tony Robbins***

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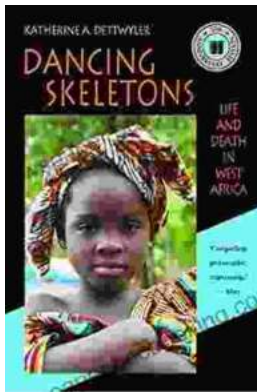
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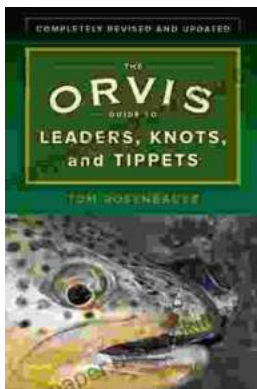
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