



# The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead

*Donna Stoneham*

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Are you more afraid of success than failure? Do you undervalue your worth? Are you unaware of the limitations that keep you from flourishing in your life, work, and relationships?

A major reason why people don't thrive is because we're focusing on the wrong things?on keeping up rather than waking up to what matters most. In *The Thriver's Edge*, master executive coach and transformational leadership expert Dr. Donna Stoneham uses her powerful THRIVER model to help readers uncover the beliefs and fears holding them back from more fully expressing their gifts. Page by page, Dr. Stoneham explores the many ways to develop and integrate the seven keys—trust, humility, resilience, inner direction, vision, expansiveness, and responsibility—that lead to thriving, illustrating her points with personal stories and inspirational examples of various people who have flourished in the midst of adversity. At the end of each chapter, powerful reflection questions and practices encourage readers to put these seven keys into practice. Practical, applicable, and transformative, *The Thriver's Edge* is a “coach in a book” that teaches readers to unleash their potential, fulfill their dreams and offer their best to the world.

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