



# **fEmpowerment: A Guide to Unleashing Your Inner Bond Girl**

*Sandy Shepard*

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# fEmpowerment: A Guide to Unleashing Your Inner Bond Girl

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**fEmpowerment: A Guide to Unleashing Your Inner Bond Girl** Sandy Shepard

By using the Bond Girl (from the ever-popular James Bond movies and books) as her paradigm, fEmpowerment coach Sandy Shepard leads the reader to experience, then unleash, her inner authentic self. Ms. Shepard states that she aims to change the world, one

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