

Be BOLD Today: Unleash Your Potential, Master Your Mindset, and Achieve Success

Leigh Burgess

The Collective Book Studio (Nov 19, 2024)

Hardcover \$24.95 (232pp)

978-1-68555-243-5

Leigh Burgess's interactive self-help guide *Be BOLD Today* is about identifying one's goals and unleashing one's purpose and passion to lead a fulfilling, abundant life.

Taking a fresh look at what boldness entails, Burgess declares that it has nothing to do with being a big, loud, fearless person who ignores red flags and intuition. Instead, she argues that real boldness involves the kind of self-awareness that pulls "the bits and pieces of the fractured self together." Despite uncertainty, she encourages people to take risks using an approach that's calculated, thoughtful, and pragmatic.

The acronym "BOLD" stands for the four foundational principles of the book's system: *Believe* in your potential, *Own* your story, *Learn* without ceasing, and *Design* your bold life. Each step builds upon the previous to create a firm foundation for an authentic life story built on a positive mindset. Burgess finds meaning in past struggles and lessons, celebrates successes, and honors each person's individuality. Inviting yet firm, the book is akin to "a personal coaching session, extended over time," marked by promises of transformation and images of unlocking doors, opening fresh perspectives, and bringing new possibilities into reach.

Insightful prompts for reflection and self-examination appear alongside a probing questionnaire for identifying one's unique style. Results-oriented action steps are named, and each of the exercises demands honesty and demolishes excuses. While the book is directed toward women who are ready to eliminate their limiting beliefs and take life-changing action, its work stands to be beneficial to all thanks to its practical strategies, potent mindset-changing activities, and encouraging language.

Be BOLD Today is an eye-opening self-help guide that celebrates innumerable possibilities, encouraging people to work toward bigger, brighter futures.

KRISTINE MORRIS (November / December 2024)

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