

LEAD WELL

BOOK REVIEW

Believe It

Jami Kern Lima

KEY PRINCIPLE

Trust yourself and know you can overcome barriers of self-doubt, body-doubt, God doubt - even when you are underestimated.

HIGHLIGHTS

With radical vulnerability and honesty, Jamie takes you on a journey through deeply personal stories of heartbreak and resilience. She shares how she was able to:

- Overcome self-doubt
- Gain the courage to take risks, and empower herself and others
- Tune into and trust her own intuition
- Let go of her mistakes and insecurities
- Turn down the volume on her inner critic
- Handle the rejection and the haters
- Boost confidence

Other highlights:

Don't take criticism from someone you wouldn't take advice from.

As boss/leader, one of your jobs is to make sure your team feels seen and heard. And safe. And that they matter. And you have to really mean it.

When fear knocks let faith answer the door.

I made the commitment to work harder than I could imagine and to stay in faith. God made everything else- the favor, open doors, closed doors, serendipitous connections and grace beyond comprehension.

Kathy Crockett
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