



She Went Out on a Limb: A Book of Inspiration for Women

Sandy Gingras

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A giftable read with a catchy title for anyone seeking promise, hope, solace, inspiration, and motivation through art and the power of words.

“She went out on a limb, had it break off, and realized she could fly.” We’ve all been there on occasion. We’ve over-reached and achieved success by reaching deep within, rallying, and overcoming life’s difficulties and challenges that would keep us from our goals. For every woman who has said, “I can” in place of, “I can’t,” author and illustrator Sandy Gingras offers inspiration inside *She Went Out on a Limb*, an illustrated list book of positive and affirming phrases, some original, some quoted.

She Went Out on a Limb offers the inspirational power of words for putting your heart on the line, the value of dreaming and hope, trusting yourself, combating fear and adversity, getting out of your own way, not thinking too much, avoiding procrastination, stirring up inspiration, loving yourself, believing in yourself, and just doing it. The thoughtful and poetic prose along with original watercolor illustrations combine to focus on the positive and remind you to combat fear and adversity through affirmation in your own beliefs and abilities. The limb may break, but the flight holds exhilarating promise.

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