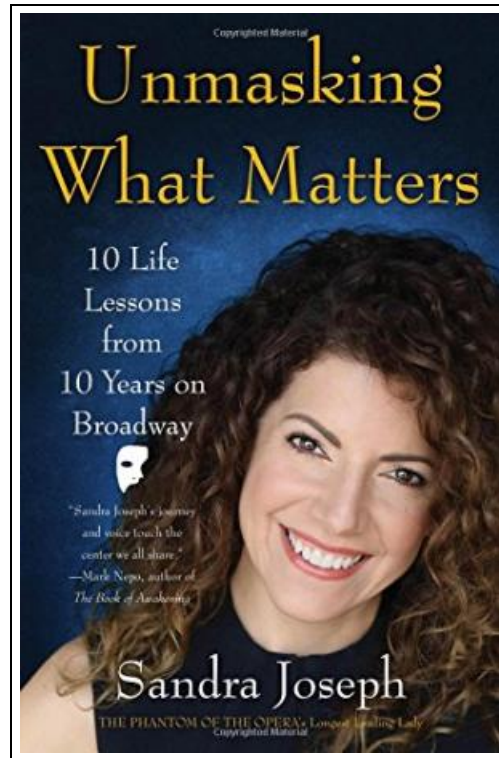


## Unmasking What Matters: 10 Life Lessons from 10 Years on Broadway (Paperback)



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## UNMASKING WHAT MATTERS: 10 LIFE LESSONS FROM 10 YEARS ON BROADWAY (PAPERBACK)



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She Writes Press, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. #1 International Best Seller Living a meaningful, satisfying life is an enigma for most people today. We feel stuck, small, without the self-confidence to move in the direction of what we really want. Or, if we do muscle through our fear in pursuit of our dreams, we exhaust ourselves working and striving and achieving and yet somehow, no matter our level of outer-world success, are left dazed and disheartened, asking ourselves, Is this all there is? After ten years on Broadway, Sandra Joseph--the longest-running leading lady in Broadway's longest-running show, The Phantom of the Opera--knows one thing for sure: the only way to have a truly fulfilling life and achieve success that satisfies is to recognize that the journey up is no substitute for the journey in. In *Unmasking What Matters*, Joseph uses lessons learned on the road to Broadway, during her decade as Christine, and through the challenges she faced after walking away from the business to show readers how to courageously bring their inner voice to the outer world, stop seeking success for achievement's sake and start creating the life they truly desire. With her hard-won wisdom, poignant personal stories, and practical, experiential exercises to guide them, readers will learn to shed their limiting masks, mindfully work through their fears, stand in their authentic power, and build a life rich with satisfaction, meaning, and significance. Warm, humble, encouraging, and inspiring, *Unmasking What Matters* can help anyone move from stuck, fearful, and playing it safe to embracing their passions, gifts, and opportunities and living life full-out today.



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