



Latina Power!: Using 7 Strengths You Already Have to Create the Success You Deserve

Dr. Ana Nogales

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In this empowering guide, Dr. Ana Nogales encourages Latinas to move beyond their expected roles and become the women they wish to be by embracing the seven traits they inherit naturally from their Latino culture:

- Espíritu Creativo (Creative Spirit)
- The Aguantadora's (Survivor's) Passionate Determination
- The Comadre's (Girlfriend's) Networking Ability
- The Diplomática's (Diplomat's) Discretion
- The Atrevida's (Risktaker's) Courage
- The Malabarista's (Multitasker's) Balance
- La Reina's (A Diva's) Confidence

Each chapter features an interactive element, including a quiz to determine how strong each attribute is in the reader's own personality, plus exercises to reinforce each trait. Filled with the personal stories of successful Latinas, including novelist Isabelle Allende, TV journalist Cristina Saralegui, Congresswomen Loretta and Linda Sánchez, *Latina* magazine founder Christy Haubegger, and entertainer Jaci Velásquez, *Latina Power* inspires readers to vigorously pursue their own dreams.

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