



The Nibble Theory and the Kernel of Power: A Book About Leadership, Self-Empowerment, and Personal Growth

Kaleel Jamison

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Like a snowflake or a fingerprint, we are all one of a kind and have a special contribution to make. The late Kaleel Jamison, one of the first women to enter the field of management consulting, experienced what she described as "nibbles," little bites that life takes out of you--really attacks on your self confidence. Her longtime best selling book, The Nibble Theory, is a process for dealing with the world that moves the reader toward personal power and growth arising out of the unique values and strengths of each person.

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