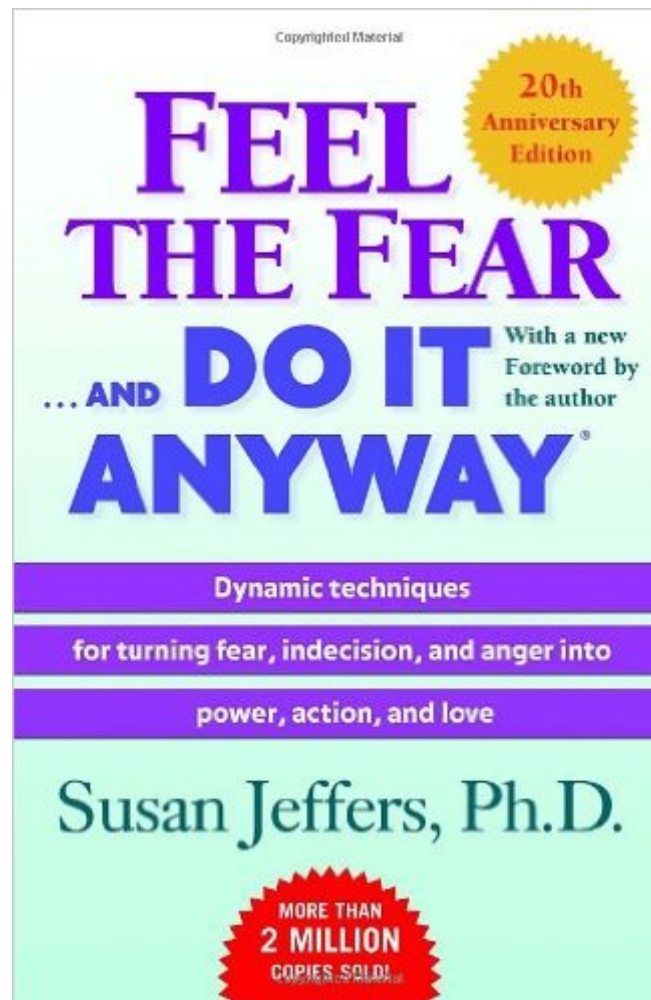


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Feel The Fear . . . And Do It Anyway



Synopsis

THE PHENOMENAL CLASSIC THAT HAS CHANGED THE LIVES OF MILLIONS Are you afraid of making decisions . . . asking your boss for a raise . . . leaving an unfulfilling relationship . . . facing the future? Whatever your fear, here is your chance to push through it once and for all. In this enduring guide to self-empowerment, Dr. Susan Jeffers inspires us with dynamic techniques and profound concepts that have helped countless people grab hold of their fears and move forward with their lives. Inside youâ€™ll discoverâ€¢ what we are afraid of, and whyâ€¢ how to move from victim to creatorâ€¢ the secret of making no lose decisionsâ€¢ the vital 10-step process that helps you outtalk the negative chatterbox in your brainâ€¢ how to create more meaning in your life And so much more! With insight and humor, Dr. Jeffers shows you how to become powerful in the face of your fearsâ€”and enjoy the elation of living a creative, joyous, loving life.â€”Should be required for every person who can read! I recommend this book in every one of my seminars!â€”â€”Jack Canfield, co-author of Chicken Soup for the Soulâ€™s a must! The most practical guide to personal empowerment I have ever read. Feel the Fear . . . and Do It Anyway goes to number one on my recommended reading list.â€”â€”Jordan Paul, Ph.D., co-author of Do I Have to Give Up Me to Be Loved by You?â€”Living is taking chances, and Feel the Fear . . . and Do It Anyway has helped so many people, both men and women, to achieve success.â€”â€”Louise L. Hay, author of The Power Is Within You

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Customer Reviews

This won't be a popular review because it will go against the flood of praises. Actually, I wanted to

like this book. I came to it with very high hopes only to be greatly disappointed and even somewhat irritated. Despite its enormous popularity, I have difficulty recommending this book because it buries one of its main agendas in the later chapters, and that agenda undercuts the value of the whole. I intend no negative comments against the author, and certainly, the 12 chapters have useful information. I especially liked the Pain to Power chart concept in chapter 3, and there are other useful things as well, especially in the first 7 or 8 chapters. However, starting on page 154 (chapter 9) the book begins a gradual descent into a hazy cave of vagueness in which metaphysics, the universe, fate, life, intuition, the Laws of Universal Energy, and other such things emerge as if living entities. Actually, a good summary of the book's solution to fear is this: "With the Law of Universal Energy on your side, you can learn to trust not only the universe, but yourself." (p. 196) Further, the author states outright a goal to "whet your appetite, so you will be eager to learn more. I urge you to look at the laws of the universe as postulated by metaphysicians." Instead of hiding this on p. 204, this statement should have been on p. 1. If you're into all the metaphysical stuff, you'll probably love this book. If you're not, you might have trouble with it, like I did. When I started the book, I was eager to learn. By the end, reading statements like the following, I was eager to get to another book: "The way I use the word [spiritual] will be acceptable to you whether you are religious or an atheist" (p. 191).

This book provides an insightful and engaging look at the destructive effects of fear in all aspects of our lives and guidance on how this fear may be overcome. Anyone engaged in creating change will face their own fears and those of others and this book provides both an understanding of the roots for people's fears and an understanding of how people may be helped to understand and better deal with fear. The book highlights the paradox that whilst we seek the security of a fear free life, this creates an environment in which we are denied the satisfaction of achievement or advancement. The result is the catch-22 of fear of change and fear of staying the same. The conclusion is that fear is a necessary and essential element of life and pushing through fear is actually less frightening than living with the underlying fear that comes from a feeling of helplessness, hence 'feel the fear and do it anyway'. The first part of the book creates a picture of the widespread and damaging effects of fear, in its many forms such as fear of changing jobs, fear of illness, fear of failure, etc. It introduces a progression of truths which serve to illuminate the effects of fear and build the case for the active choice of how fear is addressed. A simple but powerful picture presents the option to address fear through positive power rather than as a victim of passive pain. As you work through the book the emphasis shifts towards the actions that you can take to change your attitude and

approach. A number of simple models and techniques are introduced which are presented in an easily understood form. When strung together these provide a structured programme with which to set about changing your attitude and behaviours.

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