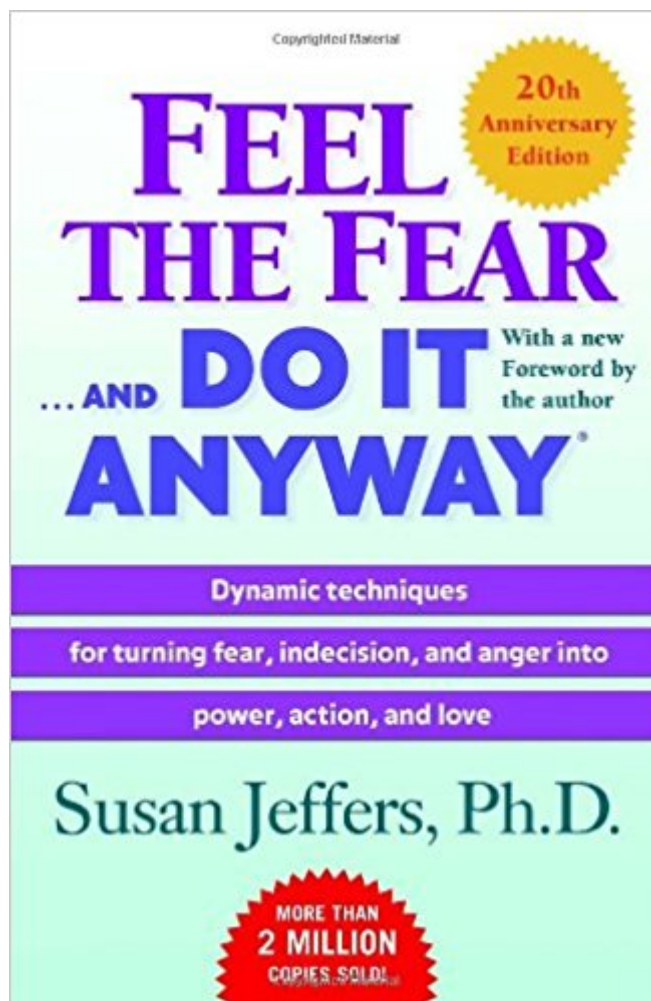


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# Feel The Fear . . . And Do It Anyway



## 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 you'll discover what we are afraid of, and why how to move from victim to creator the secret of making no lose decisions the vital 10-step process that helps you outtalk the negative chatterbox in your brain 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 fears and enjoy the elation of living a creative, joyous, loving life. "Should be required for every person who can read! I recommend this book in every one of my seminars!" Jack Canfield, co-author of Chicken Soup for the Soul "It'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." Jordan Paul, Ph.D., co-author of Do I Have to Give Up Me to Be Loved by You? "Living is taking chances, and Feel the Fear . . . and Do It Anyway has helped so many people, both men and women, to achieve success." Louise L. Hay, author of The Power Is Within You

## Book Information

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## Customer Reviews

Jeffers discusses the crippling effects of fear in her personal life and explains how she formulated a course of action for conquering it. Her answers are simple, her course of action difficult only because it requires courage. She explains how fear is based on the uncertainty of change and the lack of positive self image. She avoids psychological lingo, and includes many case studies about careers and changes in personal life both of which are beginning to cause anxiety in many teens. Her message is reassuring: choices are not opportunities to make mistakes, but valid paths to growth, whichever path we take. She addresses the fundamental cause of fear the belief that "I can't handle it!" *Feel the Fear* is an important book, for while some young people are more crippled by insecurity than others, many do believe that the path to adulthood is fraught with dangers. Fear is doubtlessly a handicap with which they must learn to cope. Jennifer John Reavis, Episcopal High School, Bellaire Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Based on a course taught at the New School for Social Research, this book offers readers a clear-cut plan for action that, when followed, should help them unlearn their misconceptions about of fear and replace them with attitudes of strength and conviction. By mixing positive thinking with situational exercises that examine basic fear responses, psychologist Jeffers shows that fear is what you make of it and that in most cases it is unfounded. She also illustrates key points through examining case studies, which show that when we are fearful, faulty thinking is most often the real culprit; when such thinking is corrected, the fear is gone. This book by no means offers a quick, fix-it course, as the author encourages return visits to the text when situations call for it. Recommended for general self-help collections. Robert L Jaquay, William K. Sanford Town Lib., Loudonville, N.Y. Copyright 1987 Reed Business Information, Inc. --This text refers to an alternate Paperback edition.

Very helpful book! I'm a little more than half-way through, but I love it. I've always struggled with taking risks and facing rejection (don't we all though?) and I can definitely say that this book has really helped me look at life in a different way, as corny as that sounds. I actually came across this book while working on a project at work and was so intrigued that I looked it up when I got home, ordered a sample on my kindle, and then purchased the book. I'm very, very indecisive and it can be paralyzing to me and this book has helped me look at how to make decisions in a whole new light. I don't want to spoil the book for anyone so I won't go into detail, but it basically comes down to the fact that any decision you make will take you on a certain path and yield a different result. The

focus is NOT on making a right or wrong choice, but deciding to make a decision and being confident with your choice. I HIGHLY recommend this book, it's wonderful and the writing style is natural and feels like your talking to a friend when you're reading it.

I read this book because I heard it was incredible, and because I'm at a place in my life where I'm ready to take on some new/scary endeavors, and wanted to know how to power through the fear. I learned that fear stops us from becoming greater versions of ourselves, and the importance of not necessarily becoming fearless, but to change your mindset and telling yourself it's okay to be afraid, be compassionate with yourself, and replace the negative inner voice with a positive one. I felt like some of the advice provided was general, which is great, but also felt like some of it was "it must be this way or that". She also talks about doing things WITHOUT fear when the premise of the book is about pushing you to be your greatest, most successful self in SPITE of fear. I encourage the reader to take from it what fits them, which is what I did.

A psychologist recommended this book to me to help with my perfectionism paralysis, and it's been the EXACT thing I've needed to help me fight an extremely difficult problem that's been keeping me from reaching my full potential. It also is a book that I know anyone who feels like they have some sort of fear hindering their personal, work- related, or academic progress will LOVE and definitely be affected by.

Well just like the best book on public speaking, in the end you're going to have to public speak to make it work. This is along the same line. There is no magic pill or bullet here. You, Me, We are going to have to do what it is that we fear in order to make this book a success. I have so many issues that when some of them were overcome there were plenty more to take their place. Did the book help? Not as much as I would have liked but can you really blame it on the book. Feel The Fear but you are going to have to be the one to do it, NOT THE BOOK. Success or Failure - don't blame Susan Jeffers.

I recommend this book because it defines the basis for all fears the lack of trust in ourselves. We need to be reminded that whatever comes our way we can handle it so that we can fight the paralysis of fear with action. I like the chapter on self talk the most it points out how we talk so badly of ourselves to ourselves. The book is good at shaking off the self doubts we build over the years if you do the exercises. The only part I didn't like was when it got all mystical in Ch 11 so I skipped the

chapter. However, this book should be one of other books everyone should own when they are making a change in their life or want to change their life. It reminds us, that we can handle it, whatever life brings.

Absolutely powerful book about helping us move past our fears. Sensible and applicable advice to assist everyone who fears. And let's face it, that's all of us!

This book seems really good, but you have to make the effort for it to work. I will update this review when I succeed at applying it.

I was recommended this book some years ago. I read through it and found it too simplistic for my tastes. There were no aha moments. However on my second time through I felt the simplicity is what helps the author drive her point home of feel the fear and do it anyway. It's really that simple. The author states our unhappiness comes from our fears which prevents us from reaching true happiness.

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