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Feel the Fear and Do it Anyway

By Susan J. Jeffers, Susan J. Jeffers

CD-Audio. Book Condition: New. Not Signed; Success can be yours with Susan Jeffers's *Feel the Fear and Do it Anyway*. The world's foremost producer of personal development and motivational audio programs gives you the tools to face the fears that hold you back. We're all afraid of something : beginnings, endings, changing, getting stuck. But fear doesn't have to hold you back from happiness or success. You can change your relationship with fear -- and in this dynamic, inspirational program, Susan Jeffers, Ph.D., teaches compassionate concepts and highly effective exercises that help you unravel the complexities and reverse the effects of fear. You'll learn: * The five truths about fears * How to weed negatives out of your words and thoughts * How to develop goals that help extend your self-imposed limitations Don't be prisoner of you own insecurities. Career growth, personal harmony and financial rewards can by yours -- when you learn to *Feel the Fear and Do It Anyway*. book.



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