



## Whatever it takes From Fear to Freedom

By Charles Hess

AuthorHouse. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. A combination autobiography self-help book, *Whatever it Takes* uses very personal diary entries, detailed recollections, and guidelines for coming to grips with the past to illustrate the pain and frustration of divorce and self-discovery. Fast-moving and powerful, the book provides a road map to personal healing, while presenting the heart-wrenching story of a husband and father in turmoil. The book begins with a series of reflections and confessions, and goes on to describe how one man came to terms with his troubled childhood and his own self-doubt. The importance of listening, sharing one's feelings, and learning to embrace emotions is a focal point of the book, things which, according to the author, men have been traditionally discouraged from doing. Unlike a typical self-help book, though, *Whatever it Takes* draws the reader in by recreating the author's own personal journey from fear to freedom. Instead of instructing the reader, Mr. Hess shows by example, in a brutally honest fashion, making the book appealing to a wide audience, including both men and women. Rather than being didactic, Mr. Hess uses a casual and entertaining style, one that is likely to...

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