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Dynamic and inspirational, FEEL THE FEAR AND DO IT ANYWAY is filled with concrete techniques to turn passivity into assertiveness. Dr. Susan Jeffers, teaches you how to stop negative thinking patterns and reeducate your mind to think more positively.

Feel the Fear and Do It Anyway by Susan Jeffers

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one specific area â€œ letâ€™s say relationships â€œ and you lose it, your life will feel empty. Putting your focus on one area will make you feel needy towards it. The fear of losing it will always be there. As Susan Jeffers mentions, life is about finding a balance between all those areas.

Feel the fear and do it anyway - Book Success

At last, step-by-step guidance and concrete exercises that tailor the Feel the Fear program to the demands of your busy life! With her phenomenal bestseller Feel the Fear and Do It Anyway, renowned author Susan Jeffers has helped millions of people overcome their fears and move forward in their lives with confidence, action, and love.

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Feel the same fear you've been feeling, then take action anyway. Don't bother yourself with results either. Right now, your primary concern is taking action in the face of fear. Then, once you've taken action on one thing, take action on another. And another. And another. Let the determination build and build. You will feel the fear, and do it anyway.

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