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Feel The Fear And Do It Anyway: How to Turn Your Fear and Indecision into Confidence and Action by Jeffers, Susan (January 4, 2007) Paperback Susan Jeffers 4.5 out of 5 stars 1,123

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She is the author of many internationally renowned books including *Feel the Fear and Do It Anyway*, *Feel the Fear. . .and Beyond*, *Feel the Fear Power Planner*, *End the Struggle and Dance W* Susan Jeffers, Ph.D. has helped millions of people throughout the world overcome their fears, heal their relationships, and move forward in life with confidence and love.

Feel the Fear and Do It Anyway by Susan Jeffers

feel the fear in a nutshell TRUTH ONE: The fear will never go away as long as I continue to grow. TRUTH TWO: The only way to get rid of the fear of doing something is to go out and do it.

Feel the fear and do it anyway: Twenty-five years after it

Feel The Fear And Do It Anyway has an empathy that makes you feel you're not alone, crucial given the sense of isolation that fear causes. And there is a lightness of touch to the writing that invigorates as you get into it.

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