

Feel the Fear and Do It Anyway

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✓ Verified Book of Feel the Fear and Do It Anyway

Summary:

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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. You will learn: the vital 10-Step Positive Thinking Process; how to risk a little every day; how to turn every decision into a "No-Lose" situation, and much more.

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