



Feel the Fear...and Beyond: Mastering the Techniques for Doing It Anyway

By Susan Jeffers

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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. Now in this new work, Dr. Jeffers takes us by the hand and gives us step-by-step examples that help us to incorporate her profound insights into our daily lives.

Tailored for both individual and group use--including an invaluable 30-Day Power Planner--*Feel the Fear . . . and Beyond* offers simple yet effective techniques for handling whatever life brings us in a strong and life-affirming way. This empowering book shows you how to

- Identify and conquer the one deep, abiding fear that runs your life
- Get in touch with the most loving part of who you are
- Let go of the victim mentality that pulls away all your power
- Confront new situations with confidence and love
- Open your eyes to the abundance
- And much more!

Fear may be part of our lives--but we can stop it from dominating us. In *Feel the Fear . . . and Beyond*, Dr. Jeffers helps us work through our worries and anxieties, and achieve the blessings of fulfillment, love, gratitude, and inner strength.

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Editorial Review

From Library Journal

Ever wonder why the audiobook genre has grown so significantly over the past few years? One answer is the prolific amount of pabulum offered by pop psychologists such as talk-show self-help guru Jeffers (*Feel the Fear and Do It Anyway*, Audio Reviews, LJ 4/1/93) with her latest approach to dealing with fears and moving forward in life with confidence, action, and love. Some of her dozen helpful tools include ignoring the voice of the lower self; listening to the voice of the higher self; verbalizing affirmations, mantra-like, over and over, like "giving it away" and other similarly silly nicknames for techniques targeted toward the depressed, those hopelessly consumed by self-pity, and, of course, anyone with time to watch her on Oprah. Trite, glib clichés abound here in one of the better examples of useless psychobabble; the "good-witch-of-the-north," syrupy delivery is at worst embarrassing and at best ridiculous. Set aside the candles and the crystals and ignore this foolish glop. Instead, to be of significant help to those with legitimate need for professional guidance, librarians should provide the substantial works of such stalwarts as Viktor Frankl (*Man's Search for Meaning*, Audio Reviews, LJ 3/1/96) or Stephen Covey (*The Seven Habits of Highly Effective People*, S. & S., 1989). Not recommended.

Dale Farris, Groves, TX

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From the Inside Flap

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Users Review

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Sheri Combs:

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