

Feel the Fear and Do It Anyway – Susan Jeffers

Have you ever suffered from fear of change, fear of failing, fear of decisions or fear itself?

This is a book that can stay on your book shelf and never get dusty! There are many days in your life that are full of anxiety or dread. The advice and practical tips in this book can help you approach each day with a new found perspective.

Susan Jeffers teaches us that becoming aware of your fears and your limitations can change your life as long as you learn how to deal with them.

All through life we will come across situations that make us fearful but we need to learn how to approach these fears and move on with our life.

People miss so many opportunities in life simply due to fear and anxiety; Susan Jeffers approaches these fears with helpful and practical advice right from the beginning of the book.

Whilst this book is full of Americanisms don't let them put you off, simple steps each day will allow you to take those chances and open doors that were previously closed.

Fear can make your world smaller don't allow it to overtake you.