



A Joosr Guide to... Feel the Fear and Do it Anyway

by Susan Jeffers: How to Turn Your Fear and Indecision into Confidence and Action

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What is it about fear that completely immobilizes us, and how can we overcome it to make positive and impactful changes in our lives? Discover the secret fear at the base of every fear in your life, and how this fear can be faced and defeated.

Feel the Fear and Do it Anyway is an exposé about fear, combined with simple instructions to empower you to change your outlook and take action in spite of your fears. Though fear can make it seem impossible to act, it can be controlled through positive thinking and understanding. It's all about taking responsibility for your reactions.

You will learn:

- How to defeat choice paralysis by finding the potential benefits in any course of action
- How one simple acknowledgement can empower you against all fear

- How to say "yes" to your life and the world as it is.

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