



Feel the Fear . . . and Do It Anyway

Susan Jeffers

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THE PHENOMENAL CLASSIC THAT HAS CHANGED THE LIVES OF MILLIONS

Are you afraid of making decisions . . . asking your boss for a raise . . . leaving an unfulfilling relationship . . . facing the future? Whatever your fear, here is your chance to push through it once and for all. In this enduring guide to self-empowerment, Dr. Susan Jeffers inspires us with dynamic techniques and profound concepts that have helped countless people grab hold of their fears and move forward with their lives. Inside you'll discover

- what we are afraid of, and why
- how to move from victim to creator
- the secret of making no lose decisions
- the vital 10-step process that helps you outtalk the negative chatterbox in your brain
- how to create more meaning in your life

And so much more!

With insight and humor, Dr. Jeffers shows you how to become powerful in the face of your fears—and enjoy the elation of living a creative, joyous, loving life.

“Should be required for every person who can read! I recommend this book in every one of my seminars!”

—Jack Canfield, co-author of *Chicken Soup for the Soul*

“It’s a must! The most practical guide to personal empowerment I have ever read. Feel the Fear . . . and Do It Anyway goes to number one on my recommended reading list.”

—Jordan Paul, Ph.D., co-author of *Do I Have to Give Up Me to Be Loved by You?*

“Living is taking chances, and Feel the Fear . . . and Do It Anyway has helped so many people, both men and women, to achieve success.”

—Louise L. Hay, author of *The Power Is Within You*

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