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Feel The Fear and Do It Anyway has sold millions of copies and has been translated all over the world, resulting in international acclaim. Its author, Susan Jeffers, holds a degree in psychology. Apart from having written more than a dozen books, she is also a popular conference speaker

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In *Feel the Fear and Do It Anyway Summary*, you will learn how to stop being negative, how you can stop your negative thinking patterns and how you can re-educate your mind to think more positively. In this book there are various concrete techniques to turn passivity into assertiveness, this book also shares 10 step positive thinking process and also teach you about how to risk a little every day and how you can turn your decisions into no lose situations.

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The authors words will resonate with everyone. You have to change the way you view things and realise that fear is a feeling you create within yourself. Accept the feeling of fear but then do not give it anymore attention. Instead play your favourite dance music or watch a comedy. I hope you all find your inner peace.

Feel the Fear and Do It Anyway by Susan Jeffers

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