



How Not to Be Afraid of Your Own Life: Opening Your Heart to Confidence, Intimacy, and Joy

By Susan Piver

Griffin Publishing, United States, 2008. Paperback. Book Condition: New. Reprint. 206 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****. Susan Piver shows us how to create a fearless life. -Andrew Weil, M.D., author of Healthy Aging a beautiful book about how to overcome fear and be empowered in your life -Susan Orloff, M.D., author of Positive Energy In this inspirational and practical guide to conquering fear and embracing joy, Susan Piver gives you the tools you need to break down the barriers that are holding you back from joyful relationships, a meaningful career, and unshakeable self-confidence. With a direct, warm, and playful approach to ancient practices, Susan Piver teaches you how to incorporate principles of Buddhism and mindfulness into everyday life. These common-sense ideas and practices can help you to find contentment in every situation and bring love to those around you. Most important, you will find the courage to live the life you were meant to no holds barred. Discover the courage to live with authenticity and ease discover How Not to Be Afraid of Your Own Life. Susan Piver is the author of the bestselling The Hard Questions: 100 Essential Questions to...



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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better than never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Definitely one of the better book We have possibly read. We have read through and i also am certain that i am going to gonna study once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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