



**Feel the Fear and Do It Anyway 8-CD set:
Dynamic Techniques for Turning Fear, Indecision,
and Anger into Power, Action, and Love**

Susan Jeffers

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Do you have difficulty making decisions . . . asking your boss for a raise . . . committing to or leaving a relationship . . . going on an interview . . . facing the future? Does fear keep you from jumping into life with energy and excitement? Now, **Susan Jeffers**, who has helped millions turn their lives around, can help you become more powerful in the face of your fears. Dynamic and inspirational, *Feel the Fear and Do It Anyway* is filled with concrete techniques for turning passivity into action.

With understanding and humor, Dr. Jeffers will teach you:

- The vital ten-step process that helps you outtalk the negative “Chatterbox” in your brain
- How to move from “victim” to “creator”
- The secret of making “no-lose” decisions
- How to create more meaning in your life . . . and much more!

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