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THE ART OF FEAR: WHY CONQUERING FEAR WON T WORK AND WHAT TO DO INSTEAD (HARDBACK)



HarperCollins Publishers Inc, United States, 2017. Hardback Condition: New. Language: English. Brand New Book. A revolutionary guide to acknowledging fear and developing the tools we need to build a healthy relationship with this confusing emotion-and use it as a positive force in our lives. We all feel fear. Yet we are often taught to ignore it, overcome it, push past it. But to what benefit? This is the essential question that guides Kristen Ulmer's remarkable exploration of our...

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- · Authored by Kristen Ulmer
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