



Be Fearless: Change Your Life in 28 Days

By Jonathan Alpert, Alison Bowman

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Be Fearless: Change Your Life in 28 Days, Jonathan Alpert, Alison Bowman, Psychotherapist Jonathan Alpert wants readers to know one thing: you can face your fear and create your ultimate life - and you can do it quickly. You can find your dream job. You can end that dead end relationship and get the love you want and deserve. You can overcome perfectionism, procrastination, panic, worry, rejection, failure, excuses and even the people in your life who keep telling you that you can't. You can turn your dreams into reality. You can find happiness, success and love. And you don't need years of therapy or even medications to do it. Be Fearless is a 5-step plan that is guaranteed to transform the fearful into fearless. It's based on a revolutionary formula developed by Jonathan Alpert and it has worked on countless of his patients whose amazing stories are told throughout the book. By teaching readers to use fear to their advantage and take important risks Be Fearless will make the impossible possible.



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-- **Chelsea Durgan PhD**

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