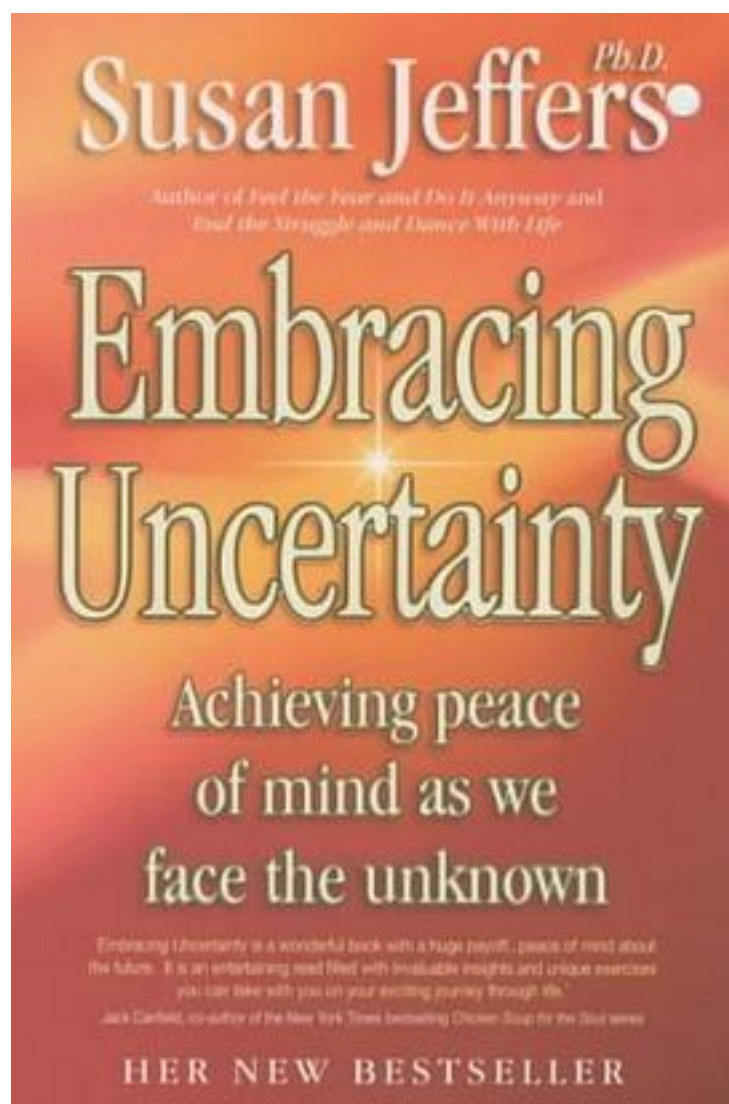


Embracing Uncertainty



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From the million-copy-plus bestselling author of Feel the Fear and Do It Anyway comes a powerful and healing book designed to offer a safety net in a world of never-ending change. With her invaluable insights and exercises, Jeffers provides the tools needed to deal with uncertainties in life, offering a sense of peace and possibility. How do we reach this wonderful state? The answers abound in Embracing Uncertainty. Features include: -Forty-two exercises to learn how to stop trying to control everything -Techniques to instantly put problems into perspective -How to discover the power of 'maybe' And much more. It may be one of the most comforting and life-affirming books ever read.

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