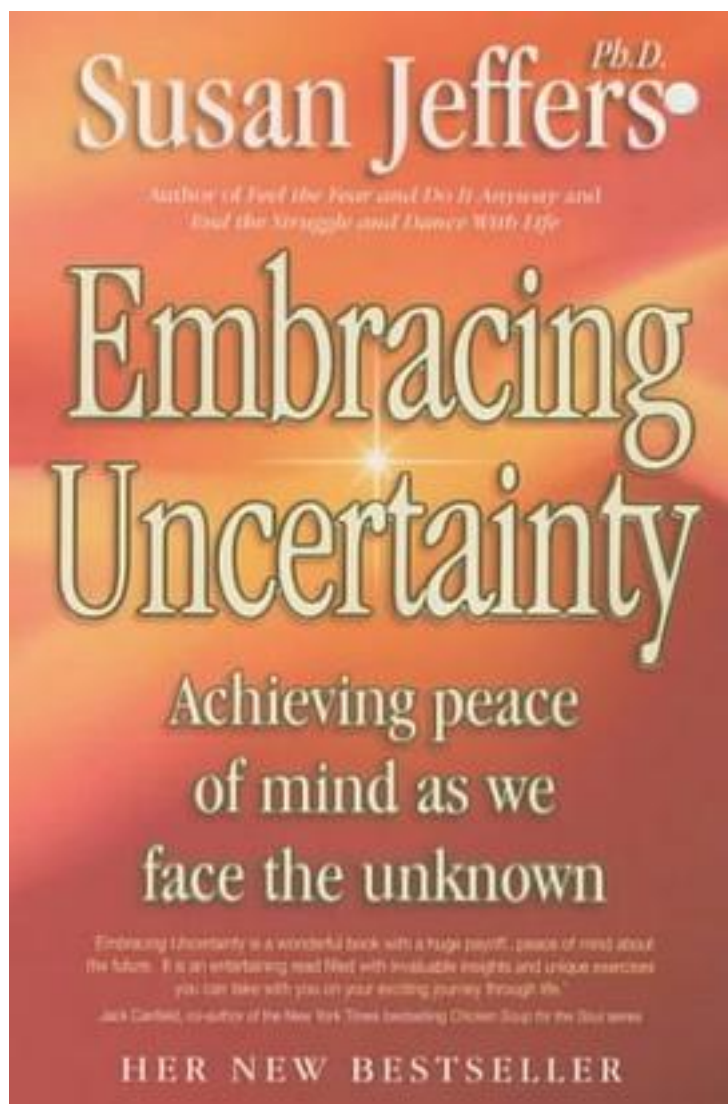


Embracing Uncertainty



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From the multimillion 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. It may be one of the most comforting and life-affirming books you will ever read. With her invaluable insights and exercises, Susan Jeffers gives you the tools you need to deal with all the uncertainty in your life with a sense of peace and possibility. You will learn: - forty-two exercises to help make your life an exciting adventure instead of a continuous worry- how to lighten up and put problems into a life-affirming perspective- the amazing power of the word "maybe"- and much more You will discover that there is a wondrous, joyous, and abundant life that can exist in the presence of uncertainty. The question is: "What do you need to do to reach this wonderful state?" And the answers abound in" Embracing Uncertainty."

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