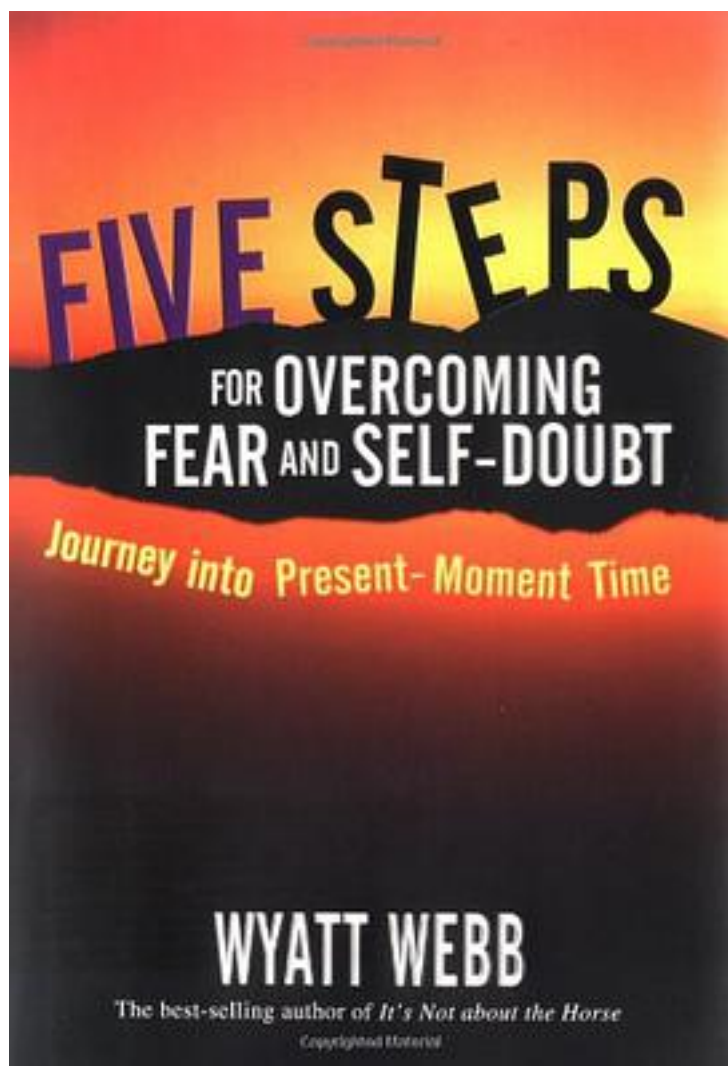


Five Steps for Overcoming Fear and Self-Doubt



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This may sound like the proverbial "bad news," but fear and self-doubt will always be around. These emotions pop up at different stages of life and must be continually dealt with. For example, children are afraid of the dark or of having to speak in front of the class. Teenagers are plagued with self-doubt as they navigate through puberty and dating. Adults face fears and doubts throughout their careers and relationships. And older adults face new fears and doubts as their physical selves diminish and they face life's most challenging transition. But if that's the bad news, here's the good: Every one of those fears and self-doubts can and must be overcome, and this book will show you how. Drawing from his 20-year career as a therapist, and his unique ability and willingness to examine his own fears and doubts, Wyatt Webb explores the process of fear, its many voices, and all the programming that causes humans to doubt themselves in the first place. Using his simple five-step process (Acknowledge the Fear, Quantify the Fear; Imagine the Worst-Case Scenario, Gather Information and Support, and Celebrate), you'll learn how to walk through fear and self-doubt and arrive at that hoped-for place of freedom--the joy that is your birthright.

作者介绍:

目录:

[Five Steps for Overcoming Fear and Self-Doubt 下载链接1](#)

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