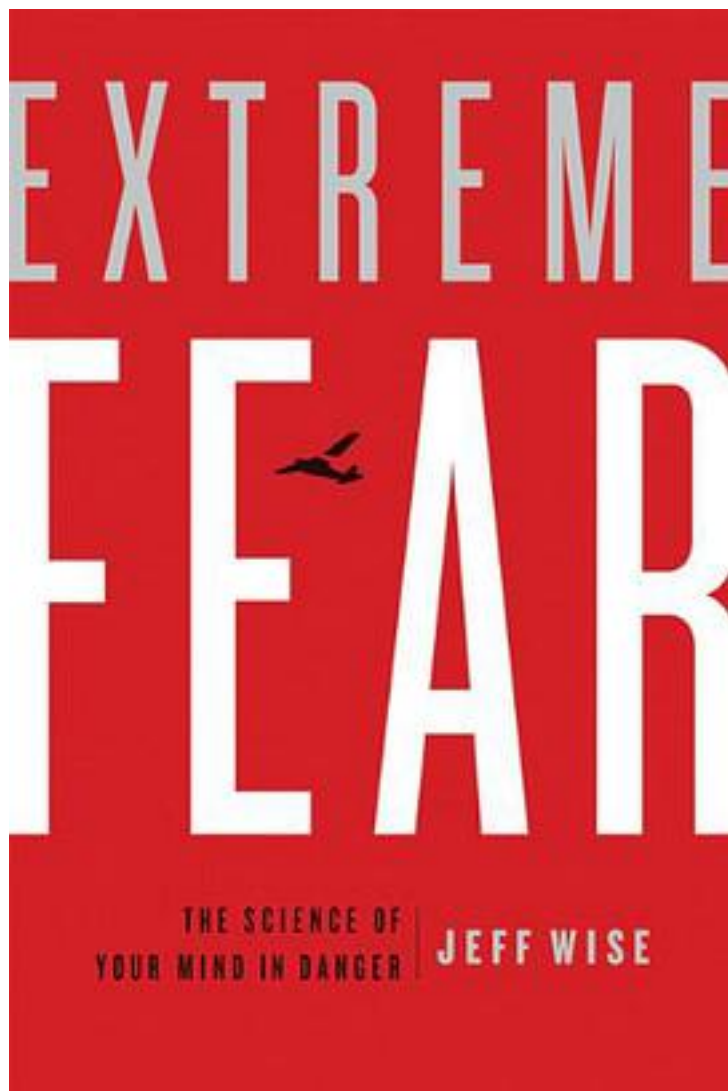


Extreme Fear



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著者:Jeff Wise

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Acclaimed science journalist Jeff Wise offers a riveting account of how people confront and process extreme fear. Having jumped out of airplanes and scaled vertical cliff faces, Wise uses his personal adventures and draws on current brain research to weave a fascinating story about the role that willpower and emotion play in shaping anxiety. This is an energetic and inspiring look at how the human spirit can adopt fearful feelings in order to triumph in the face of challenges.

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