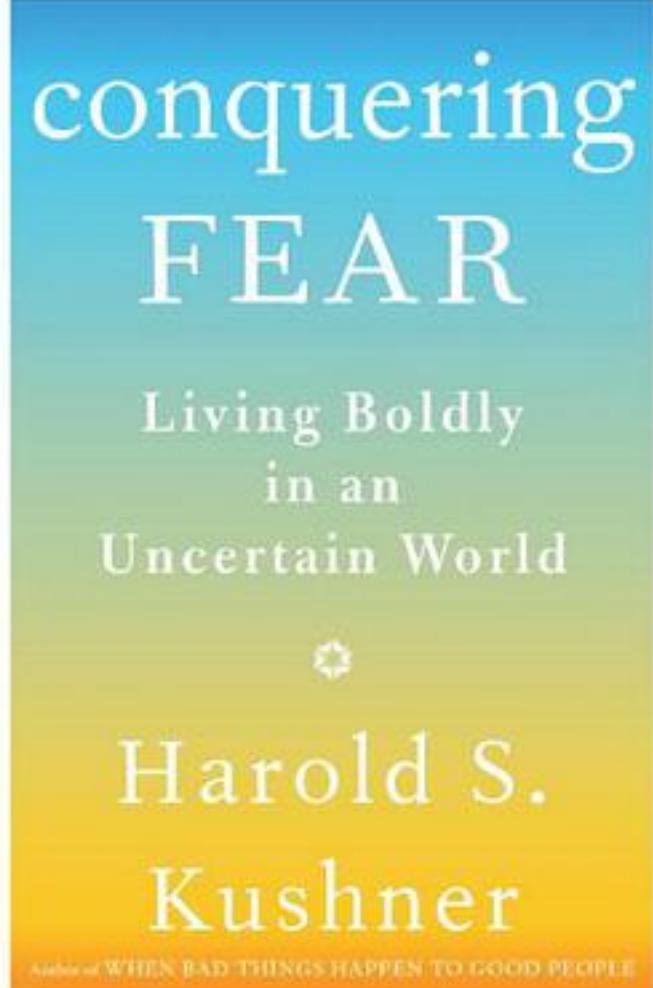


Conquering Fear



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著者:Kushner, Harold S.

出版者:

出版时间:2009-10

装帧:

isbn:9780739385180

From the best-selling author of When Bad Things Happen to Good People, an illuminating book about fear—and what we can do to overcome it.

An inescapable component of our lives, fear comes in many guises: fear of unemployment; fear of aging, illness, losing beauty; fear of a terrorist attack or natural disaster. In uncertain times, coping with these fears can be especially challenging, but in this indispensable, hopeful book, Harold S. Kushner teaches us to confront, master, and even embrace fear for a more fulfilling life.

Drawing on the teachings of religious and secular literature and on the true stories of people who have faced their fears, Kushner helps us to see that fear can present us with extraordinary opportunities—to connect with our emotions, rethink our values, and change our lives, and the world, for the better. For those who fear helplessness, he suggests empowerment: through prayer, service, and education. For those who fear for mankind’s future, he insists on hope and pragmatic measures, such as working to protect the environment. For those who fear death, he proposes life—lived boldly and purposefully.

In Conquering Fear, we are again inspired by Harold S. Kushner’s wisdom, at once deeply spiritual and eminently practical.

From the Hardcover edition.

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