

Fear Busting - Pete Cohen

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Here, GMTV life coach Pete Cohen explains how to tackle the fears that prevent us from living the life we want, focusing on the fear of change. Do you worry about making mistakes? Are you afraid to try, in case you get it wrong? Is the fear of change making you make do with the life you have, when you know it could be so much better? It doesn't have to be this way. In "Fear Busting", Cohen outlines simple strategies for tackling the fears that hold you back - especially the fear of change itself. By following Pete's motivational plan, you can change the way you see your life, so that challenges become chances, threats become opportunities and no obstacle is insurmountable. Author: Cohen, Pete Publisher: AUK Authors Illustration: N Language: ENG Title: Fear Busting Pages: 00204 (Encrypted EPUB) On Sale: 2012-07-03 SKU-13/ISBN: 9781781662625 Category: Self-Help : Anxieties & Phobias

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