

[PDF] Courage: Overcoming Fear And Igniting Self-Confidence

Wayne W. Dyer, Debbie Ford - pdf download free book

Books Details:

Title: Courage: Overcoming Fear and

Author: Wayne W. Dyer, Debbie Ford

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Description:

Review "Debbie Ford is a terrifyingly dynamic life coach who could coax a storm cloud into purging itself of unhealthy tendencies toward lightning and thunder." (*People*)

"The clarity with which Debbie Ford communicates has inspired, comforted, and fueled me to continue growing and aligning myself with my life purpose. I am forever grateful to her for sharing her compassionate wisdom in the ways she has." (Alanis Morissette)

"Debbie Ford systematically outlines the process to wholeness and transformation." (Deepak Chopra)

“Debbie Ford guides us past the self-punishing patterns that often bind us. Her ideas are exceptionally compelling.” (Marianne Williamson)

“Debbie Ford teaches us to recognize, embrace, and ultimately love all aspects of ourselves.” (Dean Ornish, M.D.)

From the Back Cover

New York Times bestselling author Debbie Ford offers her most personal, powerful, and practical work to date—a proven process for overcoming insecurity and fear and unlocking the courage that resides within.

Every day we are confronted with hundreds of choices that either make us feel confident and strong or rob us of the things we desire the most. When we lack confidence, we feel unworthy of having what we want, of speaking the truth, of making decisions that improve our lives. When we feel weak, helpless, or powerless, we lack the strength to ward off the thoughts of defeat, negativity, and fear that fill our minds and prevent us from moving forward and living in harmony with our deepest desires.

For decades, Debbie Ford has been helping people break free from the emotional baggage that has held them hostage. In *Courage*, Debbie Ford provides a life-altering path to discovering confidence and authentic self-expression. By learning to accept all of who we are, including our histories, our flaws, our misgivings, our weaknesses, and our fears, we discover that what keeps us stuck and feeling weak is nothing more than an illusion of the past. By showing us how to be confident, stand in our strength, and feel great about ourselves, a new self emerges with the power to accomplish anything. Introducing seven guiding principles, Ford expertly leads readers out of the common pitfalls of fear and insecurity and into the strength, power, and freedom of a courage that has been present all along.

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