

Fear Less For Life

Pippa Grange

Fear Less For Life:

Fear Less Pippa Grange,2020-07-23 So many of our negative emotions are ultimately driven by fear In this incredibly personal powerful book Pippa Grange shows us how to face our fears and live free fulfilled lives A revelation Fearne Cotton If we were truly free from fear what could we achieve We strive for success but we are rarely happy The more we try to win putting on a brave face for work or family the more we risk losing ourselves And even reaching our goals can feel strangely hollow The culprit Fear It makes us anxious or shameful or turns us into perfectionists We pretend to be someone else while aiming for a status that s never truly satisfying There is another way A way to find our true voice to win on our own terms Building that open mindset is at the heart of this mould breaking book by Dr Pippa Grange the psychologist who helped transform the England team taking them all the way to the World Cup semi finals in 2018 In Fear Less Pippa Grange shows all of us how by starting to live with less fear we can find our real passions and deeper fulfilment Her simple manifesto enables us to replace stress with courage and connect with the people around us on a far deeper level This type of success isn t about trophies or beating others it s about winning at the very deepest level winning from within It s time to fear less

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