



Fearless Living: Live Without Excuses and Love Without Regret

By Rhonda Britten

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For more than ten years, *Fearless Living* has been inspiring readers to take back their lives and "live the life their soul intended."

As a survivor of personal trauma, Rhonda Britten understands the challenge of mastering fears-whether it's a fear of rejection, looking stupid, not getting the job, or not being good enough.

With her acclaimed Fearless Living program, however, she has helped hundreds of thousands of people get unstuck, gain clarity of purpose, and take life-changing risks.

Featuring inspiring true stories and practical Fearbuster exercises, Fearless Living exposes the roots of our fears and gives us the tools to move beyond them. The result is a blueprint for success, happiness, and peace of mind.

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Fearless Living: Live Without Excuses and Love Without Regret By Rhonda Britten Bibliography

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Editorial Review

From Publishers Weekly

There's no denying Britten's earnestness, evinced in the powerful example of her personal transformation, years after a singularly horrific experience: at age 14, she watched her father kill her mother, then himself. By her account, Britten drowned her grief in self-defeating behavior for 20 years until she decided to make herself whole by exploring how others overcame legacies of shame and fear. Her observations led her to create the Fearless Living program, in which she works as a life and career coach. Britten defines fear generally as a self-esteem problem the conviction that one is "not good enough" that results in a range of unpleasant or harmful behavior from addictions to people pleasing to negativity. Tackling the problem in a simplistic way not grounded in a psychological context, she offers a collection of well-meaning, possibly beneficial exercises for gaining assertiveness, taking positive action, determining what triggers fear, etc. While many strategies seem worthwhile (building strong support networks, fostering self-acceptance, avoiding toxic people), the work feels too gimmicky to be persuasive as a cohesive program. Though the writing is aimed at a mass audience, unfortunately, Britten profiles subjects whose stories are less compelling than her own. (Apr.) Forecast: Britten's feel-good advice pales in comparison to Don Greene's highly disciplined *Fight Your Fear and Win* (see review, p. 81), which analyzes the components of successful behavior and appeals more directly to those who want to improve performance. Britten's sales may suffer accordingly. Readers interested in getting in touch with their essential nature, meanwhile, will find more insight in the intelligently written *Finding Your Own North Star* (Forecasts, Feb. 5).

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Review

"Rhonda Britten has risen from the ashes of genuine catastrophe. She has seen the deepest darkness, and found her way beyond it...What she has accomplished within herself, and now helps others to accomplish as well, is nothing short of miraculous." —**Marianne Williamson**

"For those who haven't been truly educated and prepared for life, I suggest reading **Fearless Living**."
—**Bernie Siegel, M.D., author of Love, Medicine, Miracles and Prescription for Living**

From the Back Cover

"What Rhonda reveals and teaches is what every survivor has learned. Whether you are a Marine, recovering addict, fighting a major illness or dealing with a significant physical or emotional loss you have a choice. You can learn from the pain and have it become your teacher or continue to suffer. For those who haven't been truly educated and prepared for life I suggest reading Fearless Living. However, if you prefer to wait for a personal disaster in order to collect material for your own book be my guest. Take it from me learning from the wisdom of others is the wise and easy way. I know." (Bernie Siegel, MD, Author *Love, Medicine & Miracles* and *Prescriptions For Living*)

Users Review

From reader reviews:

Luz Davis:

The particular book Fearless Living: Live Without Excuses and Love Without Regret will bring that you the

new experience of reading the book. The author style to describe the idea is very unique. When you try to find new book you just read, this book very suitable to you. The book Fearless Living: Live Without Excuses and Love Without Regret is much recommended to you to read. You can also get the e-book from your official web site, so you can quicker to read the book.

Cathy Lantz:

Reading a publication tends to be new life style in this particular era globalization. With reading you can get a lot of information that will give you benefit in your life. Along with book everyone in this world could share their idea. Publications can also inspire a lot of people. Many author can inspire their very own reader with their story or even their experience. Not only the storyplot that share in the books. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors in this world always try to improve their expertise in writing, they also doing some study before they write to their book. One of them is this Fearless Living: Live Without Excuses and Love Without Regret.

Glory Ruiz:

Many people spending their time period by playing outside using friends, fun activity using family or just watching TV 24 hours a day. You can have new activity to invest your whole day by studying a book. Ugh, ya think reading a book can definitely hard because you have to bring the book everywhere? It fine you can have the e-book, getting everywhere you want in your Smartphone. Like Fearless Living: Live Without Excuses and Love Without Regret which is keeping the e-book version. So , try out this book? Let's find.

Scott Reisinger:

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