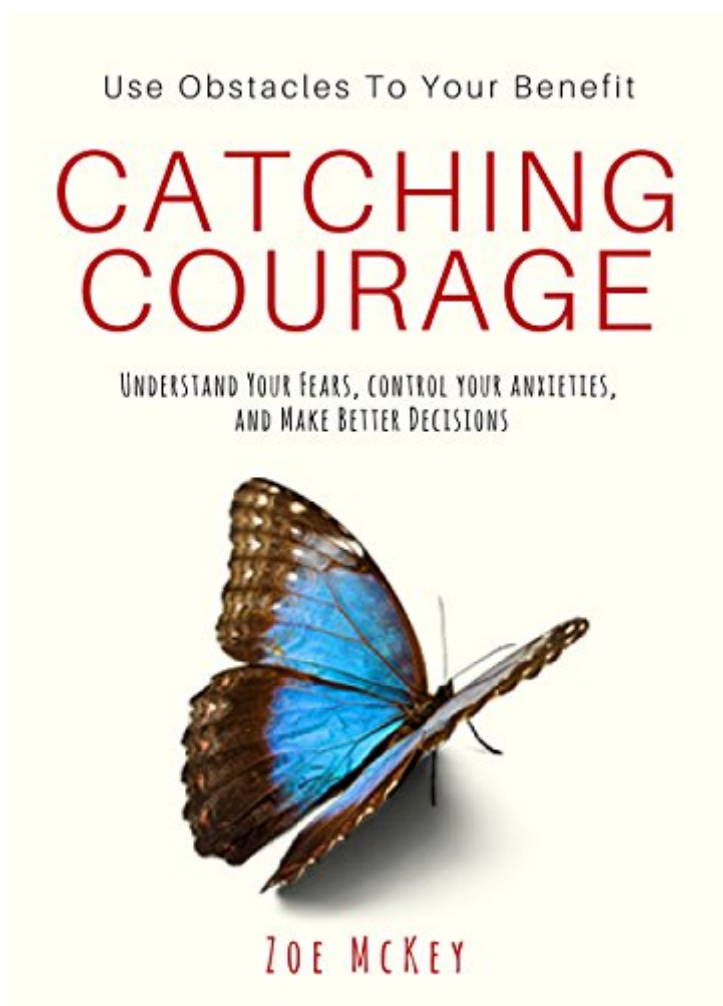


The book was found

Catching Courage: Understand Your Fears, Control Your Anxieties And Make Better Decisions - Use Obstacles To Your Benefit



Synopsis

Do you often feel discouraged to act upon your values because you fear rejection and judgment? Are feelings of inadequacy and self-sabotage preventing you from living the life you want? How can you solve these problems? By *Catching Courage*. This book will guide you through all the levels of fear, discouragement, and lack of confidence and tells you how you can get out of them. Stand tall in every situation life throws in your way. *Catching Courage* is a special book that will help you understand that courage is the virtue all other virtues mount upon. If you can find courage in your heart, impossible will cease to exist. Time to learn how to overcome the feeling of inferiority and achieve success. *Catching Courage* takes you step by step through the process of building courage with the help of studies, personal stories and actionable exercises at the end of each chapter. Say goodbye to fear of rejection and inferiority complex once and for all. *Catching Courage* is ground zero to any kind of life improvement. How do I know this? I am currently the author of multiple best-selling books in the United States being a non-English speaker! If I could overcome the fear of rejection I expected from the entire world, you can do it, too. The only barrier between you and success can be this one quality: courage to take those chances today that others plan on doing tomorrow. What tools will this book give you to become more courageous:

- A special S.W.O.T. analysis sample to rightfully judge your challenges.
- 2-3 tailor-made exercises to each chapter for maximal improvement.
- 4 actionable steps to detect and overcome different type of fears.
- My unique T.I.M.E. method to learn how to set your priorities.

Courage is more than a trait, is a life changing power.

- Learn to unleash your curiosity.
- Have the guts to be the decision maker of your life.
- Learn to do what's necessary first. Quit procrastinating.
- Become mentally prepared to any challenge.

After all, courage is the key to a life full of adventures worth living. Courage helps you to seize the goals that you've always longed for and thought that were impossible to for you. Escape your fears and stop self-sabotaging. Know that living a full life doesn't mean the absence of fear, but the will to take the risk and do it anyway. Turn your insecurities into action and see how your life is going to change into a daring adventure. To catch courage and start living a life of meaning click the BUY NOW button at the top right of this page!

Book Information

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Customer Reviews

Zoe is a prolific author with multiple best sellers. This book is yet another example of that. She shares a lot of great stories, but what I find MOST helpful are the questions she asks at the end of each chapter. She helps you reflect on the lessons in each chapter by asking two questions at the end that help you apply the concepts she discusses to your actual life. I think it's a great way to write a personal development book. Get this book.

Zoe McKey, is a writer with a great deal of Wisdom. I really like Zoe's distinction between Bravery and Courage. If we all became more courageous, the world would be a better place for everyone! I highly recommend this book! Leon Schmidt

Quick read with good examples to help motivate you to take steps to move you forward, even if it's just 1-2 steps, and renew your confidence.

Each chapter is about a topic and questions at the end of chapter to ask ones self. Interesting and helpful.

This book is good read. The book provides great tips and advice to help advance the state you are in life.

great book...written in a very persuasive manner.

Thanks Zoe for another awesome book :)

good job

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