



How Not to Be Afraid of Your Own Life: Opening Your Heart to Confidence, Intimacy, and Joy

Susan Piver

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How Not to Be Afraid of Your Own Life is an inspirational and practical guide to conquering fear and embracing joy.

Although you may not realize it fear is getting in your way and stopping you from connecting with others, realizing the significance of your life, and finding fulfillment and joy. It doesn't have to be this way. Susan Piver has the key to breaking down the barriers of fear that are holding you back. Using simple meditation techniques, based in Buddhist principles, she will teach you how to:

- Open your heart to relationships
- Gain the confidence to pursue a meaningful career
- Achieve perspective to live your authentic life

With a contemporary approach to ancient practices Susan teaches you how to incorporate principles of meditation and mindfulness into your everyday life. This isn't about enlightenment on a mountaintop it is a way of bringing intelligence and courage to the way you relate to yourself, your family, your friends, and your life.

How Not to be Afraid of Your Own Life features the "7-Day Freedom from Fear Meditation Program" a guided journey into discovering what may be holding you back from experiencing life to the fullest. Using meditation, journaling, and other reflective practices you will find a respite from everyday pressures and learn techniques to help you re-enter your busy life refreshed, renewed, and ready to live the life you were born to.

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