



The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self

By Harriet Lerner

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Unhappiness, says bestselling author Harriet Lerner, is fueled by three key emotions: anxiety, fear, and shame. They are the uninvited guests in our lives. When tragedy or hardship hits, they may become our constant companions.

Anxiety can wash over us like a tidal wave or operate as a silent thrum under the surface of our daily lives. With stories that are sometimes hilarious and sometimes heartbreaking, Lerner takes us from "fear lite" to the most difficult lessons the universe sends us. We learn:

- how a man was "cured in a day" of the fear of rejection -- and what we can learn from his story
- how the author overcame her dread of public speaking when her worst fears were realized
- how to deal with the fear of not being good enough, and with the shame of feeling essentially flawed and inadequate
- how to stay calm and clear in an anxious, crazy workplace
- how to manage fear and despair when life sends a crash course in illness, vulnerability, and loss
- how "positive thinking" helps -- and harms
- how to be our best and bravest selves, even when we are terrified and have internalized the shaming messages of others

No one signs up for anxiety, fear, and shame, but we can't avoid them either. As we learn to respond to these three key emotions in new ways, we can live more fully in the present and move into the future with courage, clarity, humor, and

hope. *Fear and Other Uninvited Guests* shows us how.

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Editorial Review

Review

“Powerful mind-medicine.” (Martha Beck, O, The Oprah Magazine)

“This spirit-lifting book leaves the reader braver, wiser and laughing. Lerner’s advice is the best you will find.” (Edward Hallowell, M.D., author of *Driven to Distraction*)

“A flat-out life-changing book.” (Betty Carter, M.S.W. Director Emerita, Family Institute of Westchester, New York)

About the Author

Harriet Lerner, Ph.D., is one of our nation’s most loved and respected relationship experts. Renowned for her work on the psychology of women and family relationships, she served as a staff psychologist at the Menninger Clinic for more than two decades. A distinguished lecturer, workshop leader, and psychotherapist, she is the author of *The Dance of Anger* and other bestselling books. She is also, with her sister, an award-winning children's book writer. She and her husband are therapists in Lawrence, Kansas, and have two sons.

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Clementine Frazier:

The book untitled The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self is the publication that recommended to you to read. You can see the quality of the reserve content that will be shown to anyone. The language that author use to explained their way of doing something is easily to understand. The copy writer was did a lot of research when write the book, hence the information that they share to you personally is absolutely accurate. You also can get the e-book of The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self from the publisher to make you a lot more enjoy free time.

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