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The Dance Of Fear: Rising Above Anxiety, Fear, And Shame To Be Your Best And Bravest Self



Synopsis

Summary: 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 storyÂ how the author overcame her dread of public speaking when her worst fears were realizedÂ how to deal with the fear of not being good enough, and with the shame of feeling essentially flawed and inadequateÂ how to stay calm and clear in an anxious, crazy workplaceÂ how to manage fear and despair when life sends a crash course in illness, vulnerability, and lossÂ how "positive thinking" helps -- and harmsÂ 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.Â Fear and Other Uninvited GuestsÂ shows us how.

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 was born and raised in Brooklyn, New York, the second of two daughters. Her parents, Archie and Rose Goldhor, were both children of Russian-Jewish immigrant parents. They were high school graduates who wanted their daughters to "be someone" at a time when women were only supposed to "find someone." "Achievement was next to Godliness for my sister, Susan, and me." Harriet notes. "My father would talk about 'My daughters the doctors' while we were still in our strollers."Â Growing up, Harriet and Susan spent weekends at the Brooklyn Botanical Garden, the Brooklyn Public Library and the Brooklyn Museum. "These places were free and just a subway token away." Lerner's mother had an unwavering belief in her daughters and strong principles about how to raise children. In Harriet's words: "Even during the hardest economic times my mother, Rose, made sure that Susan and I had four things that she believed were essential to our later success: 1. Good shoes (I don't mean stylish) 2. A firm, quality mattress 3. A top pediatrician (none other than Doctor Benjamin Spock); 4. A therapist. Unlike other parents of the day who considered therapy to be a last resort of the mentally ill, my mother thought it

was a learning experience. She put me in therapy before I was three, after obtaining a health insurance policy that provided weekly therapy sessions for one dollar. I later joked that my mother would send me to a therapist if I came home from school with anything less than a B plus. I was exaggerating, but only a little bit. "Her mother's belief in therapy undoubtedly contributed to Lerner's career choice. She decided to become a clinical psycho [...]

Book Information

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Customer Reviews

This author puts herself out there and lets the reader know that she too experiences real fear - but there are ways to overcome that fear and anxiety . The book is a very fast read, with practical tips and suggestions, and humor. Yet, she is upfront in saying that there is no quick "cure" or fix for fear in one's life. The way out of fear has to be facing your fears and doing it scared! For anyone struggling with fear or anxiety, this is worth reading as a motivation to look at the area deeper and to at least begin the journey of dealing with fear in your life. For some, it will give you the courage to take more steps in overcoming fear in certain areas of your life.

Fear/anxiety feels terrible. And it's normal. And it's the repression of it that really hurts. How did I get to middle age without hearing this so clearly? Thanks to Harriet's clear and friendly writing, now I have.

The author shares personal experiences relating to guilt and shame that are very helpful to the reader and provides practical advice about how to deal with these feelings.

Lerner is so real. She doesn't preach or speak like she has all the answers. She teaches the reader how to examine their own core values and truths and then explains how to communicate these to the significant people in our lives. She shows the ways we manage anxiety and how this can help or hinder our relationships. A terrific book! I recommend it.

I liked this book a lot. I ordered many from this author and this was my favorite.

Awesome. Reading again and purchased a hard copy for my grandson

Not a self help book in my opinion though. Its good for identifying different emotions so later on, when you are experiencing them, you know what it is that your feeling, and hopefully be better able to respond in spite of those negative emotions.

This book was purchased by me for my daughter. I have read other books by Lerner, however, and I appreciate her writing style and her common-sense, easy-to-understand approach to dealing with the feelings, emotions, and problems we have in relationships.

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