



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.

Users Review

From reader reviews:

James Baron:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to typically the Mall. How about open or read a book called *The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self*? Maybe it is to be best activity for you. You realize beside you can spend your time with the favorite's book, you can better than before. Do you agree with it is opinion or you have some other opinion?

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Ronna Rutledge:

The reason why? Because this *The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self* is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret this inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content inside of easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of advantages than the other book possess such as help improving your skill and your critical thinking method. So , still want to postpone having that book? If I were you I will go to the publication store hurriedly.

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