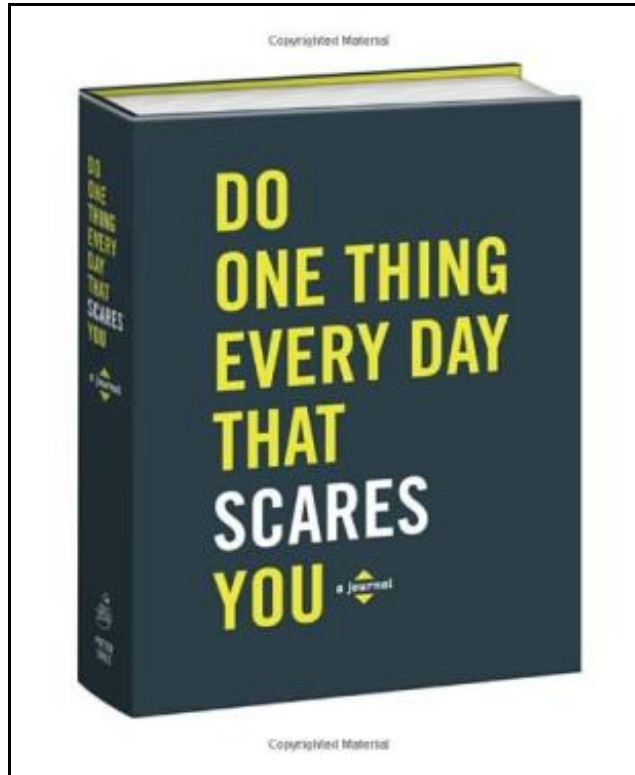


Do One Thing Every Day That Scares You



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Reviews

It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which I in fact changed me, change the way I think.

(Lucinda Stiedemann)

DO ONE THING EVERY DAY THAT SCARES YOU



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Random House USA Inc, United States, 2014. Diary. Book Condition: New. 147 x 117 mm. Language: English . Brand New Book. Each day is an opportunity to perform one small act of bravery; singing out loud, asking for help, admitting a mistake, pitching an idea, accepting a compliment, changing your hair, going for the prize, failing spectacularly and trying again. This journal contains a year's worth of fear-facing prompts and mottoes of encouragement. It provides space to jot down daily examples of your own courage--the small steps that culminate in one bold year. Jotting down one thing a day, especially on fortifying subjects like gratitude and happiness, is an enormously popular journaling practice (one that is recommended by nearly every best-selling self-help author). Bravery is another key ingredient of self-actualization, so why not make a daily habit of thinking courageously? This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off New Year, New You projects.



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