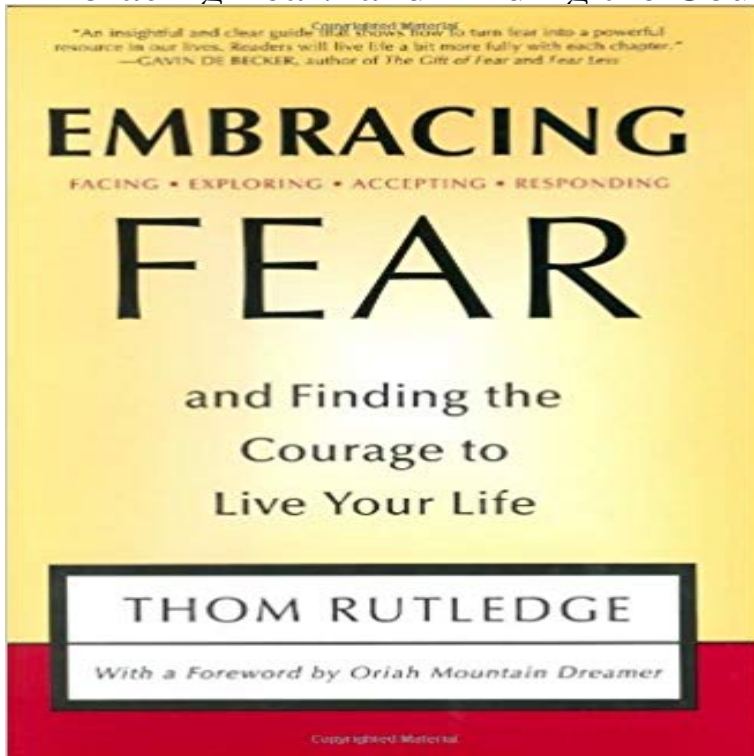


Embracing Fear: and Finding the Courage to Live Your Life



A psychotherapist combines anecdotes from his practice, discussions about his own struggles with addiction and depression, and exercises on how to face fears and anxieties as part of a program to move beyond difficult personal fear-related obstacles.

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