



Be Fearless: Change Your Life in 28 Days

By Jonathan Alpert

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Be Fearless: Change Your Life in 28 Days By Jonathan Alpert

Most people have something that gnaws at them at night, a mess or unrealized dream somewhere in their lives that causes them to feel stuck, out of control, overwhelmed, incomplete, and dissatisfied. They want to run away, back away, and ignore what they fear--whether it's a demanding boss, unsatisfying sex life, or distant love interest, but they can't. The fear finds them anyway. It's always there, and it's the source of all of their unhappiness. It's what lies behind every problem, and it's what stands between them and the lives they were meant to live.

Psychotherapist Jonathan Alpert wants readers to know one thing: you can face your fear and create your ultimate life--and you can do it quickly. You can find your dream job. You can end that dead end relationship and get the love you want and deserve. You can overcome perfectionism, procrastination, panic, worry, rejection, failure, excuses and even the people in your life who keep telling you that you can't. You can turn your dreams into reality. You can find happiness, success and love. And you don't need years of therapy or even medications to do it.

BE FEARLESS is a 5 step plan that is guaranteed to transform the fearful into fearless. It's based on a revolutionary formula developed by Jonathan Alpert, and it's worked on countless patients whose amazing stories are told throughout the book.

In as few as 3 weeks readers will transform their lives using the 5 step program:

1. Define Your Dream Life
2. Break Your Fear Pattern
3. Rewrite Your Inner Narrative
4. Eliminate Your Fear Response
5. Live Your Dream

By teaching readers to use fear to their advantage and take important risks BE FEARLESS will make the impossible possible.

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Editorial Review

Review

"A powerful book that will change your life."

--**Stephen R. Covey, author, *The 7 Habits of Highly Effective People***

"In **BE FEARLESS**, Alpert shows you not only how to overcome your fear of failure, but also how to eliminate any negative forces that have been preventing you from achieving any goal you've ever set or any dream you've ever had."

--**Dan Jansen, Olympic gold medalist, speed skater**

"**BE FEARLESS** offers a clear, practical, and empowering way to overcome negative thoughts, defeat your fear demons, and find your true strengths." --**Ira M. Sacker, M.D., coauthor of the bestselling *Dying to Be Thin* and author of *Regaining Your Self***

"Jumpstart any aspect of your life with this concrete action plan. In a world filled with an endless stream of opportunities to connect with others, Jonathan Alpert provides readers with an invaluable opportunity to tune out the noise and tune in to themselves." --**Ian Kerner, Ph.D, New York Times bestselling author of *Sex Recharge***

"I don't usually like books with lots of steps and promises to change your life. But in this case, Alpert got it right. Because you can't think your way out of fear, you have to act your way through it. Don't be afraid to read this book."

--**Peter Bregman, author of *18 Minutes: Find Your Focus and Get the Right Things Done***

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---**Stephen R. Covey, author, *The 7 Habits of Highly Effective People***

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---Peter Bregman, author of *18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done*

From the Inside Flap

How long have you wanted to change your life? How many years have you been dreaming of starting your own business, reaching that fitness goal, or finding and marrying the love of your life? If you are like many people, it's been quite awhile. Psychotherapist Jonathan Alpert wants you to have the life you want and deserve, and he wants you to have it now.

BE FEARLESS is a revolutionary five-step plan that grew out of Alpert's own experience. Once an awkward and painfully shy guy, Alpert is now a fearless psychotherapist. His unique understanding of the fearful mind has allowed him to change the lives of countless people.

With his life-transforming program:

One question frees you from the emotional paralysis that has been keeping you stuck.

Five steps form a bridge between the life you have and the life you want.

Twenty-eight days give you the results that, until now, have been so elusive.

You can overcome negativity, perfectionism, procrastination, panic, worry, rejection, failure, excuses and even the people in your life who keep telling you that you can't. You can turn your dreams into reality. You can find happiness, success and love, and you don't need years of therapy or anxiety-numbing medications to do it.

BE FEARLESS shows you that the difference between the unfulfilled and the fulfilled isn't the presence or the absence of fear, it's what you do with it. The unfulfilled feel fear and give up. The fulfilled feel it and use it to their advantage.

BE FEARLESS helps you face that fear and use it to drive you toward success.

By following the **BE FEARLESS** program, you will:

- ✱ Find the courage to be who you really are, rather than the person you think others want you to be.

- ✱ Take strategic action at home, in career and in relationships so you can reach your true potential.

- ✱ Achieve what you once thought impossible.

It's time. Stop waiting and start reading.

Change your life now!

About the Author

Jonathan Alpert is one of Manhattan's most successful and accomplished psychotherapists. He appeared in the Oscar-winning documentary *Inside Job*, and is interviewed regularly on television and in print for such media outlets as *Today*, CNN, *Good Morning America*, *NBC Nightly News*, *Time* and *Ladies Home Journal*.

Writer Alisa Bowman has been the collaborator on seven *New York Times* Bestsellers and her books have sold over two million copies.

Users Review

From reader reviews:

William Fiscus:

In this 21st one hundred year, people become competitive in every single way. By being competitive today, people have to do something to make all of them survive, being in the middle of the crowded place and notice through surrounding. One thing that often many people have underestimated that for a while is reading. Yeah, by reading a book your ability to survive increases then having a chance to stand than other is high. In your case who want to start reading any book, we give you that *Be Fearless: Change Your Life in 28 Days* book as a beginner and daily reading publication. Why, because this book is greater than just a book.

Ernest Maguire:

The ability that you get from *Be Fearless: Change Your Life in 28 Days* is a more deep you excavating the information that hide inside the words the more you get interested in reading it. It does not mean that this book is hard to recognize but *Be Fearless: Change Your Life in 28 Days* giving you joy feeling of reading. The author conveys their point in certain way that can be understood by means of anyone who read the item because the author of this publication is well-known enough. This particular book also makes your vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having this kind of *Be Fearless: Change Your Life in 28 Days* instantly.

Kirk Qualls:

A lot of people always spent their free time to vacation or perhaps go to the outside with their loved ones or their friend. Do you know? Many a lot of people spent their free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read any book. It is really fun for yourself. If you enjoy the book that you simply read you can spend all day every day to reading a publication. The book *Be Fearless: Change Your Life in 28 Days* it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space to develop this book you can buy often the e-book. You can more very easily to read this book from your smart phone. The price is not too expensive but this book has high quality.

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