



# Face Your Fear: Living with Courage in an Age of Caution

*Shmuley Boteach*

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# Face Your Fear: Living with Courage in an Age of Caution

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## **Face Your Fear: Living with Courage in an Age of Caution** Shmuley Boteach

A world famous thinker, author, lecturer, and activist, whose diverse, acclaimed and immensely popular body of work covers such subjects as religion, relationships, and bravery, Boteach now turns his attention to America's present state of mind and comes to the conclusion that fear is crippling society with unprecedented force. The only way to escape this climate is to learn what fear is and how to overcome it.

He tackles fear headlong and answers the following questions: What is fear? What is it doing to us? Why is it affecting us now more than ever before? How can we be so powerful a society yet so susceptible to fear? How can we conquer it? Why do we need to conquer it?

*Face Your Fear* is a book so relevant that it has a chance to be absorbed by society's consciousness and to change the way we think.

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