



Some Nerve

By Chang Anker, Patty

Book Condition: New. Publisher/Verlag: Penguin US | Lessons Learned While Becoming Brave | Patty Chang Anker grew up eager to please and afraid to fail. But after thirty nine years, she decided it was time to stop being a chicken. Motivated initially to become a better role model for her two young daughters, she vowed to master the fears that were choking the fun and spontaneity out of life. | "A compelling story of everyday courage" (Elizabeth Gilbert). Patty Chang Anker grew up eager to please and afraid to fail. But after thirty-nine years, she decided it was time to stop being a chicken. Motivated initially to become a better role model for her two young daughters, she vowed to master the fears that were choking the fun and spontaneity out of life. She learned to dive into a swimming pool, ride a bike, do a handstand, and surf. As she shared her experiences, she discovered that most people suffer from their own secret terrors-of flying, driving, heights, public speaking, and more. It became her mission to help others do what they thought they couldn't and to experience the joy and aliveness that is the true reward of becoming brave....



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