



Embracing Uncertainty: Breakthrough Methods for Achieving Peace of Mind When Facing the Unknown

By Susan Jeffers Ph.D.

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From the multimillion bestselling author of *Feel the Fear and Do It Anyway* comes a powerful and healing book designed to offer a safety net in a world of never-ending change. It may be one of the most comforting and life-affirming books you will ever read.

With her invaluable insights and exercises, Susan Jeffers gives you the tools you need to deal with all the uncertainty in your life with a sense of peace and possibility. You will learn:

- Forty-two exercises to help make your life an exciting adventure instead of a continuous worry
- How to lighten up and put problems into a life-affirming perspective
- The amazing power of the word "maybe"
- And much more

You will discover that there is a wondrous, joyous, and abundant life that can exist in the presence of uncertainty. The question is: "What do you need to do to reach this wonderful state?" And the answers abound in *Embracing Uncertainty*.

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