

**SUSAN JEFFERS, Ph.D.**

Bestselling author of *Feel the Fear and Do It Anyway*  
and *Life Is Huge!*

# *Inner Talk for a Confident Day*

*Positive affirmations for helping you push through the  
fear and negative chatter of the mind and replacing  
them with empowering thoughts from the Higher Self.*

**THE FEAR-LESS SERIES**

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# Inner Talk For A Confident Day Fear Less Series

**S Marginson**



## **Inner Talk For A Confident Day Fear Less Series:**

**Inner Talk for a Confident Day** Susan Jeffers,1992 Positive affirmations combined with soothing background music to help you push through your fears and the daily negative chatter of your mind and replace them with feelings of courage and confidence This CD teaches you how to quiet the mind to discover the voice within that eases inner turmoil and brings forward the best of who you are One of set of three CD s in the Fear Less series      **Inner Talk for a Love That Works** Susan Jeffers,1992 Helps you take charge of your life respect who you are and create a love that works      **Dare to Connect** Susan Jeffers,2017-10-02 We all want to be liked or loved and feel close to our partners friends and colleagues What we don't always know is how to make that connection In this empowering book Susan Jeffers gives us the insights and tools we need to end our loneliness and create a sense of belonging everywhere we go Dare to Connect is for everyone who has ever asked Why do I feel so nervous when I walk into a room full of strangers Why do I feel lonely even though I'm surrounded by people Why do I feel so alienated from my husband wife lover Why is it the hardest to approach the person I'm most interested in meeting With wisdom and humor Susan Jeffers shows you how to enjoy the wonderful relationships you deserve Dare to Connect takes the reader on a powerful journey from fear and alienation to love and empowerment I highly recommend it Dr Susan Forward author of Toxic Parents Men Who Hate Women and the Women Who Love Them and Emotional Blackmail A book that we can all benefit from Louise L Hay      **Embracing Uncertainty** Susan Jeffers,2007-04-01 Author of Feel The Fear And Do It Anyway From the multi million 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      *Of Fear Itself* Curt Christian,2019-11 How do you deal with your fears Or do you Are you one of the multitudes of persons whose fears do the dealing Have you ever taken the trouble to get to know the most common and yet perhaps the least understood animal emotion Take a little trip through these pages You may find that fear isn't quite the enemy imagined You may find that it's actually a valuable companion that requires proper exercise not exorcism Kurt Vonnegut wrote We are what we pretend to be Could it really be that simple If we pretend to be unafraid could our fears just melt away As one of the leading writers of the Victorian era Mary Ann Evans more widely known as George Eliot is often credited with once having said It is never too late to be who you might have been What will you pretend to be Paperback available from LULU com      *Feel the Fear...and Beyond* Susan Jeffers,2025-08-12 At last step by

step guidance and concrete exercises that tailor the Feel the Fear program to the demands of your busy life With her phenomenal bestseller Feel the Fear and Do It Anyway renowned author Susan Jeffers has helped millions of people overcome their fears and move forward in their lives with confidence action and love Now in this new work Dr Jeffers takes us by the hand and gives us step by step examples that help us to incorporate her profound insights into our daily lives Tailored for both individual and group use including an invaluable 30 Day Power Planner Feel the Fear and Beyond offers simple yet effective techniques for handling whatever life brings us in a strong and life affirming way This empowering book shows you how to Identify and conquer the one deep abiding fear that runs your life Get in touch with the most loving part of who you are Let go of the victim mentality that pulls away all your power Confront new situations with confidence and love Open your eyes to the abundance And much more Fear may be part of our lives but we can stop it from dominating us In Feel the Fear and Beyond Dr Jeffers helps us work through our worries and anxieties and achieve the blessings of fulfillment love gratitude and inner strength

**The Woman MVP who set you FREE** LuAn Mitchell,2011-04-12

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Chicken Soup for the Soul at Work Jack Canfield,Mark Victor Hansen,2012-09-11 Work is an important part of living whether you wait on customers build a business or cook for your family As such we all have important stories to tell about our work

Confident Resilient Fearless Rashmi Mistry,2022-01-12 Are you overwhelmed by the changes and pressures you face as a young person Are you often worried about what other people think Do you long to understand yourself and why you think feel and act the way you do Do you feel like you are just a passenger being dragged through life by your emotions stresses and external demands instead of feeling like you are in the driver seat taking control of whatever life throws at you Are you ready to learn and unlearn feel comfortable with uncomfortable and rewire the fixed mindset Confident Resilient Fearless will help you ignite the power you already have within to discover the best version of yourself and build a foundation for an amazing life to come Drawing on two decades of experience working with thousands of young people as an educator and life coach the author has developed an interactive guide packed with information tools and activities to empower you to revive your confidence resilience and fearlessness powerful traits you were born with Confident Resilient Fearless will help you get to know and understand yourself from the inside out from the amazing changes taking place in your brain body and spirit to the way your hormones and menstrual cycle affect your mood and health to how your external environment may have shaped your view of yourself

and others This book will teach you how to practice self awareness dismantle insecurities and grow as a human being It will help you reclaim your inner power and get a head start on blooming into the confident resilient and fearless adult you are meant to become **New Age Journal** ,1990 *Books Out Loud* ,2007 The Journey from Lost to Found Susan J.

Jeffers,1994 Susan Jeffers internationally renowned author and lecturer has helped millions of people overcome their fears and heal the pain in all areas of their lives particularly relationships But there was a time many years ago when her own life was in turmoil Before and after the breakup of her marriage Susan was confronted with intense feelings of emptiness anger blame loneliness hurt even despair Thus began her search which is chronicled here to find the source of all these negative feelings Susan shares her discoveries with you now Each page in THE JOURNEY FROM LOST TO FOUND is a thought provoking gem that will provide many insights for anyone who has ever experienced the loss of a relationship I think Susan Jeffers is marvelous Her new book strikes home as all her books do Marianne Williamson **Feel The Fear And Do It**

**Anyway - Nederlandse editie** Susan Jeffers,2022-05-31 Hoe overwin je je angsten en doe je toch wat je wilt doen Susan Jeffers geeft in de klassieker Feel The Fear And Do It Anyway tijdloze adviezen om twijfel om te zetten in energie en actie Feel The Fear And Do It Anyway is de fenomenale klassieker die de levens van miljoenen mensen over de hele wereld veranderde Dit tijdloze advies is nog altijd relevant we leven in een tijdperk dat wordt geregeerd door angst Angst om te falen om iets te missen angst voor verandering de toekomst Met haar eenvoudige maar diepgaande advies helpt Susan Jeffers mensen hun angsten te overwinnen om zo van verlamming en besluiteloosheid naar kracht energie enthousiasme en actie te gaan Dit is de Nederlandse editie van de bestseller die wereldwijd meer dan 4 miljoen keer over de toonbank ging

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