



How Not to Be Afraid of Your Own Life: Opening Your Heart to Confidence, Intimacy, and Joy

Susan Piver

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"Susan Piver shows us how to create a fearless life." -Andrew Weil, M.D., author of *Healthy Aging*

"...a beautiful book about how to overcome fear and be empowered in your life..."

-Susan Orloff, M.D., author of *Positive Energy*

In this inspirational and practical guide to conquering fear and embracing joy, Susan Piver gives you the tools you need to break down the barriers that are holding you back from joyful relationships, a meaningful career, and unshakeable self-confidence.

With a direct, warm, and playful approach to ancient practices, Susan Piver teaches you how to incorporate principles of Buddhism and mindfulness into everyday life. These common-sense ideas and practices can help you to find contentment in every situation and bring love to those around you. Most important, you will find the courage to live the life you were meant to?no holds barred.

Discover the courage to live with authenticity and ease— discover *How Not to Be Afraid of Your Own Life*.

Susan Piver is the author of the bestselling *The Hard Questions: 100 Essential Questions to Ask Before You Say "I Do"*. She has been featured as a well-being expert on *The Oprah Winfrey Show*, *CNN*, *The Early Show*, and *The Today Show* and in *The Wall Street Journal*, *Time*, *Redbook*, and *O, The Oprah Magazine*. She has trained in Buddhist practice for ten years, is a graduate of Buddhist seminary, and is an authorized meditation teacher in the Shambhala Buddhist lineage. She is the meditation expert on *DrWeil.com*.

"I have long recommended meditation as central to a healthy lifestyle. Susan Piver teaches this important practice in a trustworthy and practical way – and shows us how to use its lessons to create a fearless life."

--Andrew Weil, M.D., author of *Healthy Aging*

"Susan Piver has worked her magic again. She gives us an everyday approach to Buddhism, so that all of us can benefit from the wisdom of this magnificent philosophy. In this wacky world we all need practices and perspectives that ground us in the here and now. Navigate and swim the river more gracefully with Susan's advice."

--Rodney Yee, author of *Yoga: The Poetry of the Body*

"In direct and playful language, Susan Piver's new book translates Buddhist wisdom to show its relevance to daily life."

--Stephen Cope, author of *Yoga and the Quest for the True Self*

"Susan Piver has written a beautiful book about how to overcome fear and be empowered in your life based on her years of Buddhist practice."

--Judith Orloff, MD, author of *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love*

"How we can live a life more awake, present and connected without the impediments of beliefs, ideas, and fears created from past experience? In simple but startlingly clear language, Piver takes the mystery out of Buddhism, and makes it relevant to our struggles to be happy in the 21st century."

--Mark Hyman, M.D., author of *Ultrametabolism: The Simple Plan for Automatic Weight Loss*

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