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The Courage Habit - Your Courageous Life

“The Courage Habit is a definitive guide to your new understanding of fear and courage, and what they really are, and how they can both be reshaped to support the life you actually want to live. The Courage Habit will help you to stop trying to be “fearless,” and start creating something deeper and richer for your life: living from a place of courage.

The Courage Habit | NewHarbinger.com

In The Courage Habit, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit.

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Courage Habit Materials - Your Courageous Life

English | May 1st, 2018 | ISBN: 1626259879, 9781626259874 | 234 Pages | True PDF | 6.20 MB What kind of life would you live if you didn’t allow your fears to hold you back? The Courage Habit offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community.

Download The Courage Habit: How to Accept Your Fears

In her new book, The Courage Habit: How to Accept Your Fears, Release the Past, and Live Your Courageous Life, Swoboda, who is a blogger and creator of YourCourageousLife.com, shows readers how to

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