



On Becoming Fearless...in Love, Work, and Life

Arianna Huffington

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Observing that her own teenage daughters were beginning to experience some of the same fears that had once burdened her--how attractive am I? do people like me? do I dare speak up?--Arianna Huffington began to examine the ways in which fear affects all our lives. In stories drawn from her own experiences and from the lives of other women, she points toward the moments of extraordinary strength, courage, and resilience that result from confronting and overcoming fear. And she outlines the steps anyone can take to conquer fear. Her book shows us how to become bold from the inside out--from feeling comfortable in our own skin to getting what we want in love and at work to changing the world.

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