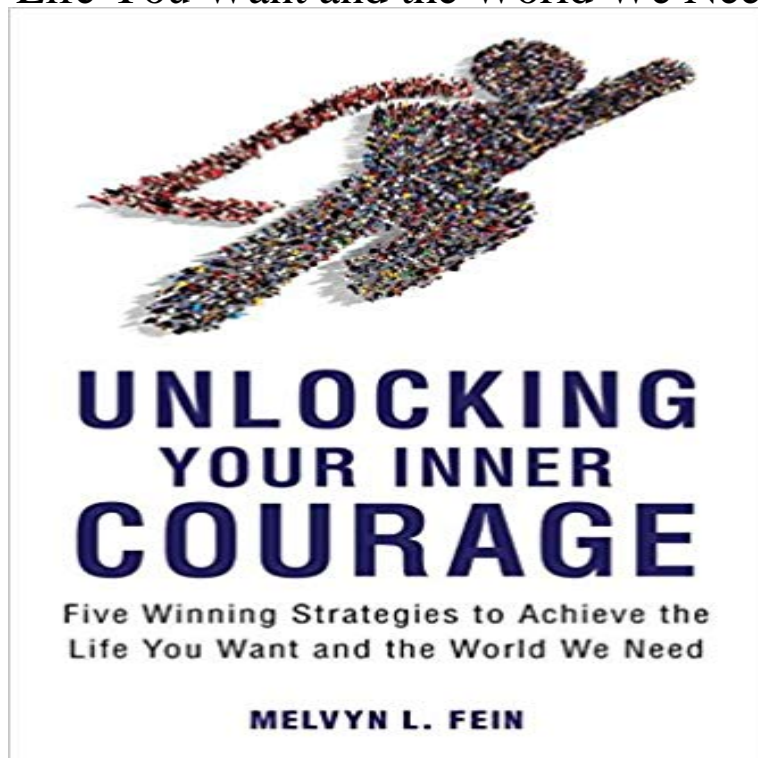


# Unlocking Your Inner Courage: Five Winning Strategies to Achieve the Life You Want and the World We Need



Courage is not just for heroes. It is a virtue that everyone can possess. This book will teach you how to develop the courage you never knew you had. Building upon his fifty-year career as a clinician and professor of sociology, Dr. Melvyn Fein demonstrates why courage is the key to leading a successful life. He presents a five-step, reality-tested program that enables ordinary people to live up to their potential. Fein begins by explaining how to find safe places that provide a refuge from worries and threats. Then, with refreshing candor and common sense, he supplies tactics for tolerating fears and evaluating the best means of dealing with them. Next he demonstrates strategies that produce winning results. In our increasingly complex, middle-class society, there are few guarantees. Fein convincingly argues that self-reliance is the most dependable approach. Freedom from fear is liberating. But it must be earned. This book shows that this is not only possible, but within the grasp of the average person.

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