



Fearless Living Daily Training Manual

By Rhonda Britten

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Fearless Living Daily Training Manual By Rhonda Britten

Rhonda's exercises in Fearlessness have improved thousands of lives. Do you ever wish that you had personal help from Rhonda in your day-to-day life? This Daily Training Manual outlines four of Rhonda's most effective life exercises and acts as a workbook for transformation. When practiced daily, these exercises will change your outlook and vitalize your life. Rhonda's twelve-week program is a powerful antidote to fear, and a vital first step in gaining control of your future.

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Editorial Review

From the Publisher

Revised edition.

About the Author

Rhonda Britten is the Life Coach who makes a difference on the Emmy Award winning NBC syndicated daytime TV show, "Starting Over." The only Life Coach to be on the show for three seasons, she has been named the "Most Valuable Player" by the New York Times as well being dubbed America's Favorite Life Coach. A fan favorite, she is known for her trademark creative exercises and is a globally recognized expert on the subject of fear. Life in 30 Days, Fearless Loving and Fearless Living (translated into 12 languages). Her latest book is Do I Look Fat In This? Get Over Your Body and On With Your Life.

Users Review

From reader reviews:

Irma Patterson:

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