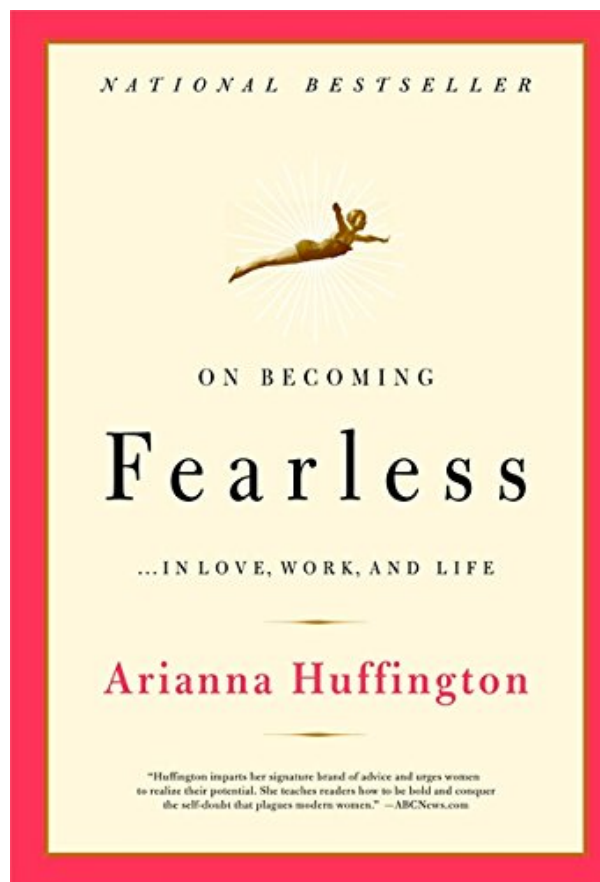


ON BECOMING FEARLESS...IN LOVE, WORK, AND LIFE BY ARIANNA HUFFINGTON



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NATIONAL BESTSELLER



ON BECOMING

Fearless

...IN LOVE, WORK, AND LIFE

Arianna Huffington

"Huffington imparts her signature brand of advice and urges women to realize their potential. She teaches readers how to be bold and conquer the self-doubt that plagues modern women." —ABCNews.com

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From Publishers Weekly

Huffington exhorts women to "break through to the other side of fear" and to be bold in all aspects of life. She tells listeners that in order to join a Cambridge debate club, she had to overcome her fear of having a heavy Greek accent. In a nutshell, that's both the tenor and flaw of this book. Huffington might have done better to work on overcoming her accent than the fear of it. To her credit, she reads her book slowly and carefully, and almost all of her words can be understood by even the casual listener. A larger problem is that the message of overcoming fears about beauty, competition in love and so forth probably comes across better in a written text. Not fitting into society's prescriptions does have real consequences, whether one is fearless or not. Nevertheless, women who finish Huffington's mantra might feel better about who they are, even if they are listening while having their bodies waxed.

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From Booklist

Huffington, nationally syndicated columnist and one of the hundreds of candidates for California governor in the election that brought Arnold Schwarzenegger to office, offers a surprisingly refreshing look at the journey women take to fearlessness. Huffington observes the standard fears that plague women's lives: insecurities about their beauty and youth, getting and keeping a man's love, the need for approval of others, the demands of motherhood. She intersperses her own personal recollections with essays by women, well-known and obscure, on their own efforts to overcome fear. Among the women who contribute essays or commentary are Nora Ephron, Diane Keaton, documentary producer Kathy Eldon, producer Marcy Carsey, author Agapi Stassinopoulos, a psychiatry professor, and Huffington's office manager. Huffington cites *The Rules* and stats from women's magazines as well as Shakespeare and C. S. Lewis, the Koran and the Bible, in a wide-ranging look at the challenges women face in family, faith, careers, and personal fulfillment to explore the rewards of facing up to fears and working steadily toward fearlessness. Vanessa Bush

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About the Author

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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.

- Sales Rank: #120347 in Books
- Brand: Unknown
- Published on: 2007-04-09
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .75" w x 5.50" l, .50 pounds
- Binding: Paperback
- 240 pages

Features

- On Becoming Fearless: In Love, Work, and Life

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Arianna Huffington is a nationally syndicated columnist, author of 11 books, and the cofounder and editor of online magazine TheHuffingtonPost.com. She lives in Los Angeles with her two daughters.

Most helpful customer reviews

62 of 67 people found the following review helpful.

Go Fearless!

By Alisa J. Sher

I can't tell you how touched I am by this book. Here is Ms. Huffington, a woman known for her political influence and intellectual pursuits, who chose to write a book about her intimate relationship with fear. What an amazing gift that a person accomplished in so many ways paused to share her story of living with, yet breaking through, fear.

Prior to reading this book, I held a belief that great people did not have to work with the same type of inner chatter - "the world's worst roommate," as Ms. Huffington so aptly puts it. Ms. Huffington has given me such a gift; to see that it is not some better, less fearful mind that makes her success a possibility, but rather her feisty excitement at moving through and past her fears!

If you are considering this book, I highly recommend it! If you like this style of writing, in which wisdom is collected and woven together through a series of stories and anecdotes, I also recommend that you check out Ariel and Shya Kane's most recent book, *Being Here: Modern Day Tales of Enlightenment*. Like Ms. Huffington, the Kanes are skilled at using their wisdom and life experience to guide their readers past the limiting fears and ideas that naturally impede well being, so that life can be lived at its best: as a daring adventure!!!

0 of 0 people found the following review helpful.

Motivating and inspiring

By lisa ann scheerer

Stimulating read, it inspires self-reflection. Loved the shared life experiences, told in an easy to read and ingest manner. Thank you for sharing your gift

0 of 1 people found the following review helpful.

Sure.

By abferro

Who doesn't love the Huff? I remember enjoying this but don't remember much beyond an anecdote about Arianna falling asleep at her desk.

Still, it passes the time pleasantly enough, and the woman has done some impressive stuff.

See all 99 customer reviews...

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