

**Be Fearless: Change Your Life In 28 Days By Jonathan
Alpert, Alisa Bowman**

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Psychotherapist Jonathan Alpert wants readers to know one thing: you can face your fear and create your ultimate life - and you can do it

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Description. Most people have something that gnaws at them at night, a mess or unrealized dream somewhere in their lives that causes them to feel stuck, out of

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Summary: Psychotherapist Jonathan Alpert wants readers to know one thing: you can face your fear and create your ultimate life - and you can do it quickly.

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Most people have something that gnaws at them at night, a mess or unrealized dream somewhere in their lives that causes them to feel stuck,

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A common affliction that has been plaguing women and men for decades, mostly women, has been on the rise. Those afflicted experience embarrassment,

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How long have you wanted to change your life? How many years have you been dreaming of starting your own business, reaching that fitness goal, or finding

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