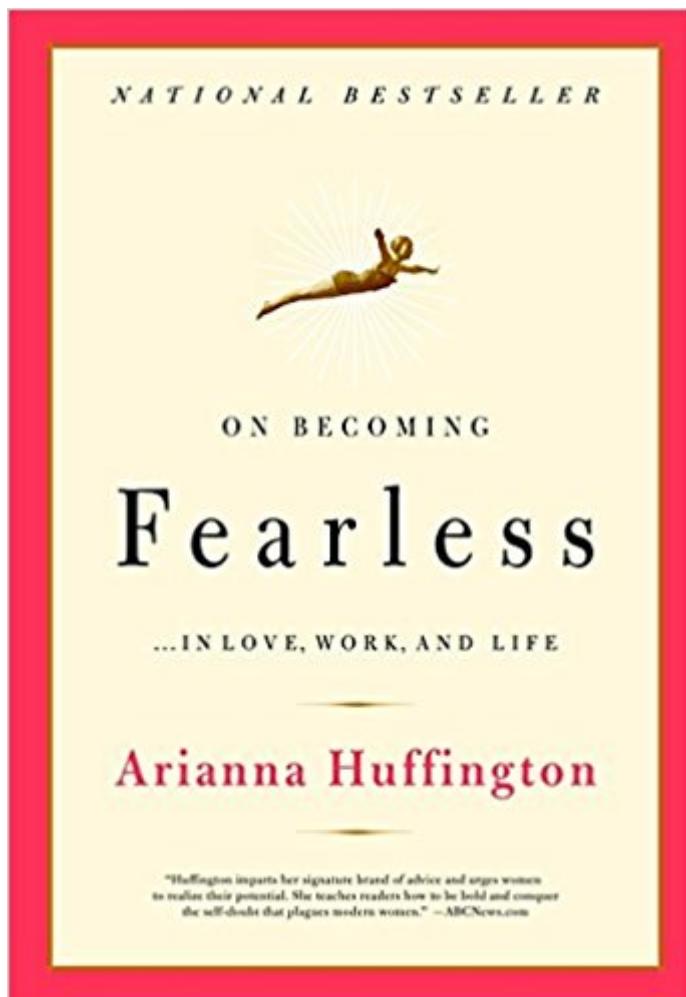


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# On Becoming Fearless...in Love, Work, And Life



## **Synopsis**

Author, syndicated columnist, occasional actress, and businesswoman Ariana Huffington examines the ways in which fear affects the lives of women, and the steps anyone can take to conquer fear. 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 was compelled to look at the subject and impact of fear. In stories drawn from her own experiences and with contributions from Nora Ephron, Diane Keaton and many others, she points toward the moments of extraordinary strength, courage, and resilience that result from confronting and overcoming 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.

## **Book Information**

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## **Customer Reviews**

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. Copyright© American Library Association. All rights reserved --This text refers to an alternate Paperback edition.

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 BushCopyright© American Library Association. All rights reserved --This text refers to an alternate Paperback edition.

A great analysis of how women function and how they allow themselves to be paralyzed by fear as a result of a history of submission and repression. I myself learned in this book that so many well-known and successful women have encountered the same prejudices and restrictions and never-ending existential doubts and fears than I. It is comforting to see that they overcame their fear or at least have learned to canalise it and even turn it into an asset. A good book if you're looking for support in your daily battles at work or even at home with men but equally women. The latter often being afraid of women who try to make things change.

On *Becoming Fearless* does a credible job of showing the many ways that women are immobilized by fear and prevented from having all the love, success, and happiness they deserve in their lives. Ms. Huffington gives numerous examples of fearless women, some well-known and others not, who have faced their fears and attempted to understand them. Fear takes two forms - worry over repeating past failures and / or worry over unknown failures yet to come in the future. Ms. Huffington gives examples of both and shows the personal and professional success that women can realize

when they acknowledge their strengths, assess their limitations realistically, and move into - rather than away from - the life situations that they fear. She brings up an important point about fear of success. We are all too familiar with fear of failure, worry over not reaching our goals; however, fear of success is just as debilitating. It causes women to fear the life changes that inevitably result from being successful. They include a change in place of residence to take a new job, a change in schedule with less time for kids and husband, or a change in role or status within the family dynamics. But fear of success is also worry over being able to consistently perform at the new job, fear of not being able to maintain, and the loss of security from the previous job. This also applies to relationships which take a lot of sustained work - fear of success brings worry over the stamina, time, and energy needed to make a relationship successful. It can cause women to think, "do I really want to do this?", "was being single so bad?" Stories such as Ms. Huffington offers are always helpful in giving our fears a name and in showing us that fear is universal. Success, however, and how each woman chooses to go about attaining it, is individual and personal. Go for it!Ellen M. Diana, Psychologist and Author of the Charge Up Your Life series of books:CHARGE Up Your Life: Conquer the 6 Barriers to Love, Happiness and SuccessCHARGE Up Your Life Workbook: Over 100 tools to explore and discover the real youCharge Up Your Life Journal: Guided Daily Writings

Good book!

A terrific, educational and uplifting book by a great lady and superb thinker. I am changing the way I think and live after reading this. Hold on, I'm taking my ten minute breathing exercise! I love her accounts of her mother's Greek wisdom.

Reading this book was such an eye-opener. The stories behind the fearless women in this book are truly inspirational and motivating.

This is like a heart to heart chat with one's soul, a coming to terms with one's fears. Most importantly, it tells us it is ok to fear but it also says it is possible to overcome them and turn them into positivity.

I liked the book. The examples and different quotes and perspectives made it more interesting and there were some practical pieces of wisdom but overall the book was fairly broad.

Found her words inspiring, with a message that we ought to pass to our friends, daughters, nieces.

As a community of women, let's cultivate fearlessness and support each other in the journey.

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