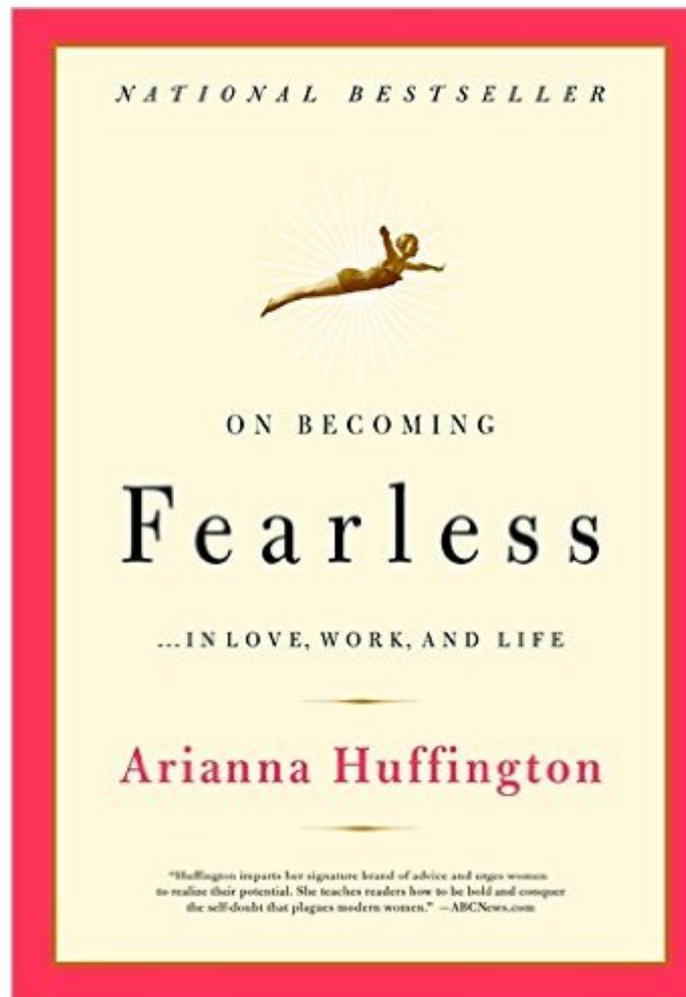


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On Becoming Fearless...in Love, Work, And Life



Synopsis

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.

Book Information

Paperback: 240 pages

Publisher: Little, Brown and Company; Reprint edition (April 9, 2007)

Language: English

ISBN-10: 0316166820

ISBN-13: 978-0316166829

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (99 customer reviews)

Best Sellers Rank: #63,907 in Books (See Top 100 in Books) #112 in [Books > Politics & Social Sciences > Women's Studies > Feminist Theory](#) #417 in [Books > Politics & Social Sciences > Social Sciences > Gender Studies](#) #432 in [Books > Self-Help > Self-Esteem](#)

Customer Reviews

Arianna Huffington could be a role model for any modern woman. She's written ON BECOMING FEARLESS as an invitation to her daughters, Christina and Isabella, to live openly and bravely. Huffington has never feared the consequences of her political convictions. "At the heart of my political transformation was my recognition that the task of overcoming poverty and social injustice is too monumental to be achieved without the power and scale that only government can provide. Along with this came the conviction that silence is not an option." Huffington has never allowed herself to be silenced. She addresses her adversaries with verve and mental acuity, and is known for her bulldog tenacity in facing conflict. It is no surprise to learn that she headed the debating society at Cambridge University. In this book she lays out some gutsy principles to live by. Demystify money and don't let it rule your life. Don't be afraid of aging: "fifty really is the new thirty."

Be fearless with the possibility of power; Arianna hasn't let men, like Arnold Schwarzenegger in the 2003 race for governor of California, hold her back with the suggestion that she "drink more decaf." Huffington has run for high office, made herself a known and to-be-reckoned-with face on our television screens, and has done so without sacrificing her femininity. She would perhaps say that stalking the corridors of political power and making demands of the system is at the very heart of femininity. Citing examples from the world of corporate America, Huffington shows us many exemplars of decisive, assertive women, and concludes, "If you want to succeed big, there is no substitute for simply sticking your neck out."

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