



## The Little Book of Courage: A Three-Step Process to Overcoming Fear and Anxiety

By Sarah Quigley, Marilyn Shroyer



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We all need help in coping with fear. In this small but powerful book, authors Sarah Quigley and Marilyn Shroyer interviewed over 100 people ages five through eighty-five and distilled their wisdom about fear. *The Little Book of Courage* guides readers step by step through a threefold process of facing, feeling, and transforming fear and anxiety. Through personal stories, inspiring quotes, and practical suggestions, readers learn that fear is simply a message, not a monster, and that it can be transformed into "courage, kindness, compassion, wisdom, love, patience, serenity, calm awareness, or acceptance."

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#### About the Author

SARAH QUIGLEY is a writer, poet and reviewer. She has a D.Phil. in literature from the University of Oxford, and her work has been widely published in New Zealand, the U.K., the U.S. and Germany. The winner of several high-profile awards for her fiction, Sarah Quigley was the inaugural recipient of the Creative New Zealand Berlin Writers Residency. She now lives in Berlin.

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