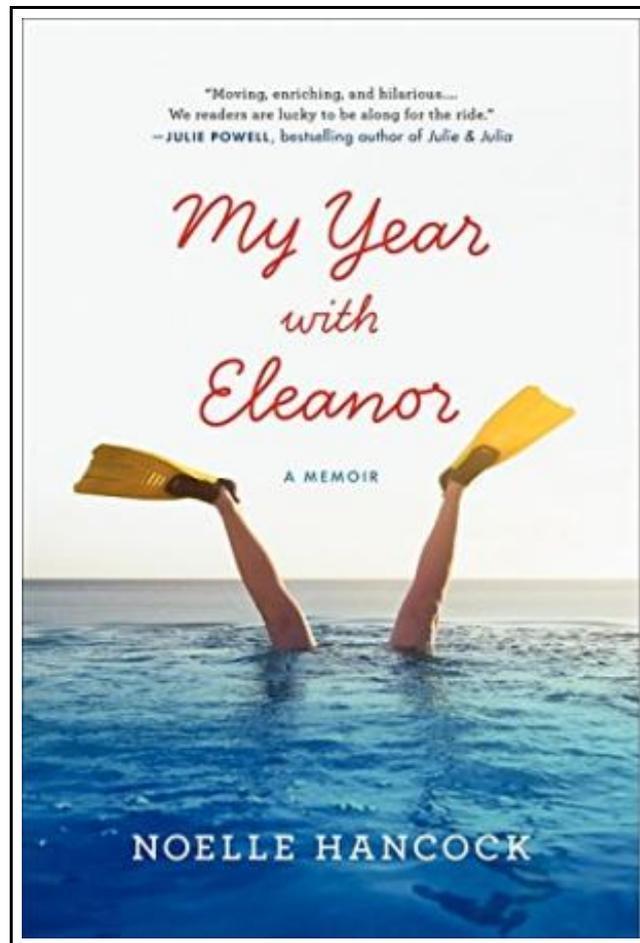


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Ecco Press, United States, 2012. Paperback. Book Condition: New. Reprint. 201 x 135 mm. Language: English . Brand New Book. After losing her high-octane job as an entertainment blogger, Noelle Hancock was lost. About to turn twenty-nine, she d spent her career writing about celebrities lives and had forgotten how to live her own. Unemployed and full of self-doubt, she had no idea what she wanted out of life. She feared change in fact, she feared almost everything. Once confident and ambitious, she had become crippled by anxiety, lacking the courage required even to attend a dinner party until inspiration struck one day in the form of a quote on a chalkboard in a coffee shop: Do one thing every day that scares you. Eleanor RooseveltPainfully timid as a child, Eleanor Roosevelt dedicated herself to facing her fears, a commitment that shaped the rest of her life. With Eleanor as her guide, Noelle spends the months leading up to her thirtieth birthday pursuing a Year of Fear. From shark diving to fighter pilot lessons, from tap dancing and stand-up comedy to confronting old boyfriends, her hilarious and harrowing adventures teach her about who she is and what she can become lessons she makes vital for all of us.



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