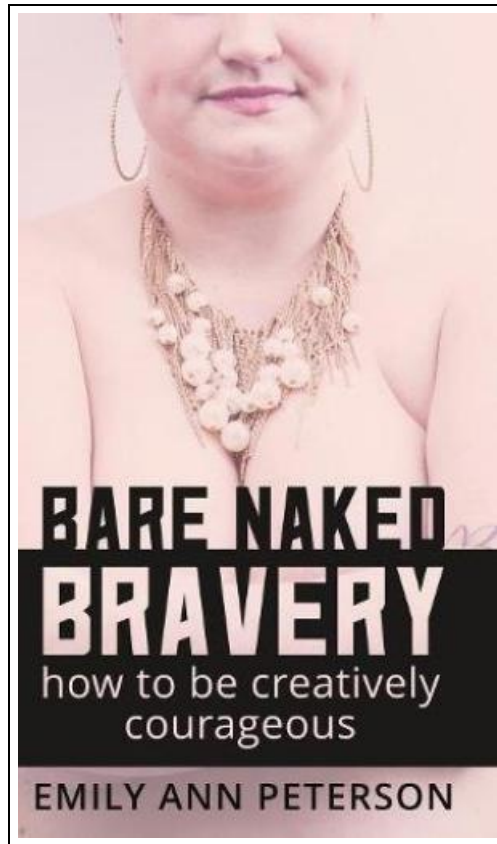


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(Destiny Walsh)

BARE NAKED BRAVERY: HOW TO BE CREATIVELY COURAGEOUS (HARDBACK)

Eap Media Int l, 2018. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Build Your Bravery, One Step at a Time No one is a stranger to moments of terror and stuff hitting the fan. Fear will rear its ugly head no matter your background, upbringing, career path, or goals. But how do we get brave without getting reckless? How can we encounter life with great abandon and wise courage? How do we stand for ourselves and others without having a panic attack? What does bravery even mean? How do we recreate it? Is it born or built? Author singer-songwriter Emily Ann Peterson asked these same questions in 2013 after a life-altering, career-halting diagnosis of a degenerative neurological disease in her right hand. As a full-time cellist, her music career was forever changed. Unbeknownst to her, it was changed for the better. Knowing she d have to be brave, but not knowing what that really meant, Emily Ann got curious. Really curious. Surviving an eating disorder, starting a music career during a recession, and venturing into uncharted territory post-diagnosis are just some of her personal feats of bravery. Unveiling these stories of everyday heroism, she paints a clear and vibrant picture of what courage looks like for those who don t feel courageous. (Hint: True bravery never feels brave.) In Bare Naked Bravery you will learn to: Use your fear, instead of fighting it or running from it. Identify the 3 types of bravery in yourself and your surroundings Infuse creativity into your courageous acts for exhilarating results Weave the 12 ingredients of bravery into your daily life Ask questions that boost courage instantly Use Emily Ann s favorite bravery building tools Create a daily practice of building bravery Bare Naked Bravery: How to...



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