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Earth. by Lewis Gordon Pugh

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Pugh became the first person

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to swim at the North Pole,
in temperatures that would
kill a normal person,
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Psychotherapist Jonathan Alpert shares his revolutionary five-step program that teaches readers

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to get rid of their fears--large and small--and find true happiness and success. Most people have something that gnaws at them at night, a mess or unrealized dream somewhere in their lives that causes

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them to feel stuck, out of control, overwhelmed, incomplete, and dissatisfied. They want to run away, back away, and ignore what they fear--whether it's a demanding boss, unsatisfying

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sex life, or distant love interest, but they can't. The fear finds them anyway. It's always there, and it's the source of all of their unhappiness. It's what lies behind every problem, and it's what stands between

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them and the lives they were meant to live.

Psychotherapist Jonathan Alpert wants readers to know one thing: you can face your fear and create your ultimate life—and you can do it quickly. You can find

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your dream job. You can end that dead end relationship and get the love you want and deserve. You can overcome perfectionism, procrastination, panic, worry, rejection, failure, excuses and even the people

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in your life who keep
telling you that you can't.
You can turn your dreams
into reality. You can find
happiness, success and love.
And you don't need years of
therapy or even medications
to do it. BE FEARLESS is a 5

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step plan that is guaranteed to transform the fearful into fearless. It's based on a revolutionary formula developed by Jonathan Alpert, and it's worked on countless patients whose amazing stories are told

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throughout the book. In as few as 3 weeks readers will transform their lives using the 5 step program: Define Your Dream Life Break Your Fear Pattern Rewrite Your Inner Narrative Eliminate Your Fear Response Live Your

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Dream By teaching readers to use fear to their advantage and take important risks BE FEARLESS will make the impossible possible.

In July 2007, Lewis Gordon Pugh became the first person

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to swim at the North Pole, in temperatures that would kill a normal person, primarily to raise awareness of climate change. Nicknamed 'the human polar bear' for his ability to raise his body temperature at will, he

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has pioneered swims in the world's most hostile waters, redefining what it is possible to achieve in terms of endurance. A former member of the SAS, Lewis tells his fantastic story here for the first time.

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Chapters cover his childhood, growing up with his 'hero' Surgeon Rear Admiral father, his early life in South Africa, his gruelling training in the army's elite regiment, his inspiration and, of course,

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plenty of action/adventure stories, chronicling his many nail-biting endurance swims. With practical lessons taken from his own life, Lewis explains how recognising one's passions and taking calculated risks

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is essential for anyone looking to fulfil their goals. The book will also cover his expedition kayaking to the North Pole in summer 2008 and preparing for his most dangerous swim yet - on Everest! - planned

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for May 2010. His story is inspiring, entertaining and thrilling in equal measure, and its 39-year-old author is a much-needed role model for our times.

Are you deeply terrified of

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failure, rejection, and judgment? Does fear paralyze you and keep you from the life you want? If you feel that YOU are the biggest obstacle to your success, you need this book - NOW. Fearless gives you the path

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out of your spiral of low self-confidence, defensive rationalization, and avoidance of failure - a complete avoidance of your life. Fearless examines the relationship between fear and success like no other

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book before. You'll see the surprising ways that fear manifests in your life - you won't be able to get through a chapter without nodding along and thinking "Wow, that's so me!" If you allow your fears to control your

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choices, you build your future on fear. You'll learn to triumph through actionable exercises to destroy your fears and countless examples and real-life experiences to illustrate lessons. As a

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former migrant I'm intimately familiar with fear and the drive to build confidence and overcome fear - which has allowed me to become a bestselling author and run a 15-employee social support organisation. This

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A book will help you to familiarise with the unknown and turn insecurities to possibilities. The only thing you stand to lose is fear itself. How will you learn to deal with your fears? - Learn how to leave

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behind past traumas and disappointments. - Build self-respect and self-confidence quickly. - How to use humor to defeat negative mindsets. - Change your routines from destructive to constructive - today. What

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analyzing. - The

indispensable power of the
selfies. How will your life
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Reach your full, limitless
potential. - See failure as
a potential not as a
problem. - Learn to take

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situations you face. Crush fear. Are you ready to work for it?

Be Fearless is researched-based call to action for those seeking to live extraordinary lives and

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bring about transformational change. LOS ANGELES TIMES

BESTSELLER * NATIONAL

BESTSELLER Weaving together storytelling, practical tips and inspiration, the book will teach you how to put the five fearless principles

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to work so that you too can spark the sorts of remarkable breakthroughs that can impact the world. Philanthropist, investor, and technology pioneer Jean Case brings to life the five Be Fearless principles

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common to the people and organizations that bring about transformational change. When National Geographic Chairman Jean Case set out to investigate the core qualities of great change makers, past and

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present, from inventors to revolutionaries, she found five surprising traits they all had in common. These weren't wealth, privilege, or even genius. What all of these exceptional men and women shared was that they

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had chosen to make a “big bet,” take bold risks, learn from their failures, reach beyond their bubbles, and let urgency conquer fear. Throughout *Be Fearless*, Jean vividly illustrates these principles through

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storytelling—from her own transformational life experiences, to Jane Goodall's remarkable breakthroughs in understanding and protecting chimpanzees, to celebrity chef José Andrés' decision

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to be a “first responder”
and take his kitchen to the
sites of devastating
hurricanes to feed the
hungry, to Madame C.J.
Walker’s vision to build a
hair care empire that would
employ thousands across the

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country, and more. She shares new insights to stories you might think you know—like Airbnb's tale of starting from scratch to transform the hospitality industry, to John F. Kennedy's history-making

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moonshot—and gems from
changemakers you've never
heard of. Be Fearless
features a compelling
foreword from Jane Goodall
saying “there is no time in
history when it has been
more important to Be

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"Fearless" and a new afterword with stories of people inspired to take action after reading the book.

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"People who say it cannot be done should not interrupt those who are doing it." - George Bernard Shaw Do you

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believe in the impossible?
What if there's no limit to what you can achieve in life? The only limitations are the ones we set on ourselves. That's why in this book, I am going to show you through other

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people success stories and principles to reach any goal you desire. Do not let other people to turn you down, because you believe in something they do not. Grab your copy now!

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Do you feel overwhelmed by your thoughts? Are insecurity and fear of failure keeping you from the life that you want and deserve? Or do you frequently feel nervous or tense in social settings or during

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conversations? What If I told you that you could skyrocket your confidence and self esteem, banish negative thoughts, be more likeable, eliminate nerves, reduce stress and become fearless of anything that life throws

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A Fragile Earth at you? ... and best of all never experience those feelings of emptiness or failure ever again. In Fearless Confidence that's exactly what you'll get You will discover the exact formula behind how we re-

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create confidence from within yourself as well as what absolutely needs to be done to give your self-esteem a permanent boost; that until now has been so challenging to achieve. The strategies in this book are

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so simple, so easy to implement and so powerful...That it will probably sound so unbelievable when you first read about it.Are you ready to become your best version?Even in the next few

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weeks the results you will see are going to be indisputable. This proven formula will work no matter where you are in your life right now. You will experience less negative feelings such as fear,

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consistently positive
feelings such as happiness,
playfulness, and victory
while feeling love for
others and being loved by

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them as well. What you get is powerful step-by-step information with daily exercises and actions that are easy to follow, pleasant to use and designed to give you maximum effectiveness in minimum time. Here is a

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A sample of the powerful techniques you will learn to master
How to replace any and all negative thoughts with new core beliefs that bring happiness
Make friends wherever you go
How to Face Your Fears and Conquer

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Them! How to transform yourself into a super confident person and make others find you attractive! How To Kick "The Worry Habit" Be irresistibly attractive and interesting to others How to Develop the

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seventeen-year-old Cass and her fight to protect her younger brother from an unimaginably terrifying enemy. The Deadliest Enemy feels no fear. Cass has the invasion seared in her memory--the night the

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A Fearless Earth injected everyone in their path with the same serum that stripped them of their humanity. Seven years later, she is living on Hope Island in a community of survivors. But when the island's security is

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A breeched and her brother, Jori, is taken by the Fearless, Cass will risk everything to get him back.

"A super super creepy, action-packed adventure that'll have you hooked from page one."--Kate Ormand,

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