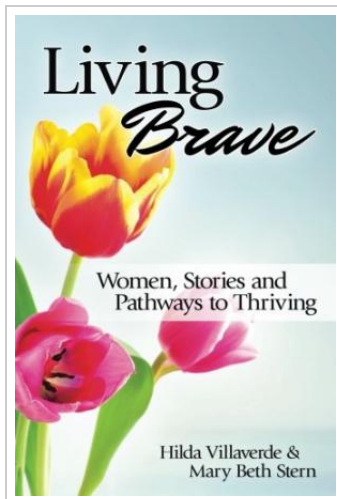




Living Brave: Women, Stories, and Pathways to Thriving

By Hilda Villaverde

Pluma Publishing. Paperback. Condition: New. 402 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. As a child and young adult, all of my decisions were made from overwhelming feelings of fear. Whether making personal or professional choices, fear was the motivator and certainly never bravery. Now, well into my sixties, I have come to the realization that bravery is a quality that is cultivated and expands only by the challenge of moving forward into unfamiliar territory. And, although I never felt brave in my early years, I was indeed acting bravely. Almost twenty years ago, I wrote and published my first book, *Living on the Other Side of Fear*. The essence of the book is based on my life story from my childhood to my early forties. The introduction of that book begins with the sentence I was born afraid. The book details my desperate need to rid myself of an anxiety disorder and follows my life journey to the final acceptance that fear is a natural instinct born in all of us to secure our survival. Unfortunately, my survival instinct had been working overtime, and an exaggeration of my fears had permeated my everyday life. I love women and their stories....



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