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# DARE TO LIVE: REFLECTIONS ON FEAR, COURAGE AND WHOLENESS



John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Dare to Live: Reflections on Fear, Courage and Wholeness, Miriam Subirana, Living without fears and living with wholeness increases our quality of life and makes us happier. Because fear acts as a brake and prevents you from doing what you want to do; it doesn't allow your energy to flow and weakens your wellbeing and health in general. Also, fear blocks the capacity to reason out of freedom, discern between possible...

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- Authored by Miriam Subirana
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