



# Quick Fixes for Everyday Fears: A Practical Handbook to Overcoming 100 Stomach-Churning Fears

*Michael Clarkson*

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We all have fears that influence our daily lives, fears that cause us to procrastinate, avoid things, miscommunicate, and prevent us from being as happy and successful as we could be. In *Quick Fixes for Everyday Fears*, acclaimed award-winning author and fear expert Michael Clarkson offers readers a practical handbook to overcoming one hundred stomach-churning fears that can block us from maximizing our potential at work, school, home, in relationships and social settings, and on the street—everywhere fear is a factor. Clarkson provides quick, easy-to-implement solutions for a whole range of fearful situations, from public speaking, meeting deadlines, and managing problems at home to worrying about the children, handling crises in love relationships, and coping with accidents or emergencies. Filled with insight and endlessly useful, *Quick Fixes for Everyday Fears* is an indispensable resource for everyone in search of ways to cope with—and even thrive in—stressful or frightening situations.

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