



On Becoming Fearless...in Love, Work, and Life

By Arianna Huffington

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Observing that her own teenage daughters were beginning to experience some of the same fears that had once burdened her--how attractive am I? do people like me? do I dare speak up?--Arianna Huffington began to examine the ways in which fear affects all our lives. In stories drawn from her own experiences and from the lives of other women, she points toward the moments of extraordinary strength, courage, and resilience that result from confronting and overcoming fear. And she outlines the steps anyone can take to conquer fear. Her book shows us how to become bold from the inside out--from feeling comfortable in our own skin to getting what we want in love and at work to changing the world.

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Editorial Review

From Publishers Weekly

Huffington exhorts women to "break through to the other side of fear" and to be bold in all aspects of life. She tells listeners that in order to join a Cambridge debate club, she had to overcome her fear of having a heavy Greek accent. In a nutshell, that's both the tenor and flaw of this book. Huffington might have done better to work on overcoming her accent than the fear of it. To her credit, she reads her book slowly and carefully, and almost all of her words can be understood by even the casual listener. A larger problem is that the message of overcoming fears about beauty, competition in love and so forth probably comes across better in a written text. Not fitting into society's prescriptions does have real consequences, whether one is fearless or not. Nevertheless, women who finish Huffington's mantra might feel better about who they are, even if they are listening while having their bodies waxed.

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From [Booklist](#)

Huffington, nationally syndicated columnist and one of the hundreds of candidates for California governor in the election that brought Arnold Schwarzenegger to office, offers a surprisingly refreshing look at the journey women take to fearlessness. Huffington observes the standard fears that plague women's lives: insecurities about their beauty and youth, getting and keeping a man's love, the need for approval of others, the demands of motherhood. She intersperses her own personal recollections with essays by women, well-known and obscure, on their own efforts to overcome fear. Among the women who contribute essays or commentary are Nora Ephron, Diane Keaton, documentary producer Kathy Eldon, producer Marcy Carsey, author Agapi Stassinopoulos, a psychiatry professor, and Huffington's office manager. Huffington cites *The Rules* and stats from women's magazines as well as Shakespeare and C. S. Lewis, the Koran and the Bible, in a wide-ranging look at the challenges women face in family, faith, careers, and personal fulfillment to explore the rewards of facing up to fears and working steadily toward fearlessness. *Vanessa Bush*

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About the Author

Arianna Huffington is a nationally syndicated columnist, author of 11 books, and the cofounder and editor of online magazine TheHuffingtonPost.com. She lives in Los Angeles with her two daughters.

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