



End the Struggle and Dance with Life: How to Build Yourself Up When the World Gets You Down

By Susan Jeffers

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We live in a difficult world. But life does not have to be a struggle. From the author of the best-selling classic *Feel the Fear and Do It Anyway* comes a book of inspirational advice that teaches us how to feel calmer, more in control, and excited about life-- despite what is happening around us. With profound insights and practical tools, Susan Jeffers shows us that we don't have to give into the fear, distress, anger, impatience, and hovering sense of danger that pull us down. Instead, we can embrace the joyous emotions of the Spirit that make us soar: trust, gratitude, harmony, abundance, love, and joy.

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- Sales Rank: #789866 in Books
- Brand: St. Martin's Griffin
- Published on: 1997-04-15
- Released on: 1997-04-15
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .62" w x 5.50" l, .85 pounds
- Binding: Paperback
- 272 pages

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Editorial Review

From Library Journal

Jeffers, a popular workshop leader and author of the best-selling *Feel the Fear and Do It Anyway* (Harcourt, 1987), wants to show her readers, basically, how to "go with the flow." She argues that even in the face of adversity, people do—and the reader can—live a joyful life. No one would argue that inner peace is not a worthy goal, and, indeed, works on the subject have growing appeal. Yet this book is curiously uninspiring and at times even fails to hold the reader's interest. Its best points are its intention and the quotations that appear at the start of each chapter. Barbara DeAngelis said it better in *Real Moments* (LJ 9/1/94). Only those public libraries where Jeffers has a following need to purchase this one.—January Adams, Franklin Twp. P.L., Somerset, N.J.

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Review

"Susan Jeffers reminds us that healing is a sacred phenomenon and comes from the return of the memory of wholeness. I highly recommend this book for those who seek a sacred path to healing." —*Deepak Chopra, author of The Return of Merlin and The Seven Spiritual Laws of Success*

"Susan Jeffers is a master of healing, and this new book is a gem. Her way of looking at life is an inspiration to us all." —*Louise Hay, author of Life!*

"Dr. Susan Jeffers is a masterful healer who knows how to help people find purpose in their lives. This book is a treasure. I highly recommend it for its down-to-earth sanity and integrity." —*Larry Dossey, M.D., author of Healing Words*

About the Author

Susan Jeffers, Ph.D., is an internationally renowned author who has helped millions of people overcome their fears and heal the pain in their lives. She is also a public speaker, workshop leader, and media personality who specializes in the areas of personal growth and relationships. She lives with her husband in Los Angeles.

Users Review

From reader reviews:

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