



The Thing You Think You Cannot Do: Thirty Truths about Fear and Courage

Gordon Livingston

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Fear—of change, of intimacy, of loss, of the unknown—has become a corrosive influence in modern life, eroding our ability to think clearly. Overcoming our fear, says Dr. Gordon Livingston, constitutes the most difficult struggle we face. Dr. Livingston has increasingly found himself prescribing virtues like courage to his patients instead of antidepressants. Now he tells us what we need to do to develop personal virtues in the face of societal and individual fears. He does all this with the crystalline prose and leavening wit that have made him an internationally bestselling author.

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