



The Courage Companion: How to Live Life with True Power

Nina Lesowitz, Mary Beth Sammons

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“Life shrinks or expands in proportion to one's courage.” — Anais Nin

Looking for the confidence to face life's challenges? Feeling the need for new inspiration and adventure? Do you know what it takes to be really brave? Courage comes by taking action before we are forced to do so. And in the words of Eleanor Roosevelt: “We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...we must do that which we think we cannot.”

Courage, also known as bravery, will, and fortitude, is the ability to confront fear, danger, uncertainty, or intimidation. Physical courage is courage in the face of physical pain, hardship, and threat of death, while moral courage is the ability to act rightly in the face of popular opposition, shame, or discouragement.

Authors Mary Beth Sammons and Nina Lesowitz have gone to the front lines of adversity and fear to surface the brave hearts who took action before they were forced to, confronting and overcoming their fears in ways that inspire us all. From world-class athletes to spiritual teachers, to cancer patients, to ordinary people who took extraordinary action to transform their lives, these courage warriors will show you how to turn apprehension into action. Enriched with motivational quotes, expert advice, and power practices, this courage guidebook will show you how to live your life with guts and gusto.

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