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21 Fears That Keep Us from Love

Author: Angelo Foley

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21 short, impactful chapters to help us conquer fears, plus exercises for taking steps toward love.

At a time when mandate to be happy can be paralyzing, us, Angelo Foley goes straight to the roots of our fears, the better to free us from them. In these 21 incisive, enlightening chapters, readers will learn to break down the mechanisms behind their fear and its influence on their romantic relationships, as well as perform exercises that make us aware of our inner hang-ups. This book is an ode to vulnerability as a first step towards resilience, by recognizing our emotions.

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