



# Healthy People Review

**Sally Crosiar Reviews Helpful Books, February/March, 2003**

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Books continue to help me think healthy, and this month's book is one I think of as a classic in the self-help genre.

Fear gets in my way all the time – though I doubt that most people notice. Probably they're too busy dealing with how their own fear gets in their way.

How do you respond to Jana Stanfield's musical question, "What would I do today if I were brave?" ([www.janastanfield.com](http://www.janastanfield.com)) Susan Jeffers' book helps me keep fear in perspective. I hope it helps you too.

## February's Book

Feel the Fear - and Do It Anyway, by Susan Jeffers (New York: Fawcett Columbine, 1987)

Fear has been much on my mind the last few months. It might surprise you to learn that the time I felt most afraid was after a big success! Like any big success, I didn't do it alone. Lots of people put lots of work into a conference to celebrate the work of my friend and mentor Dr. Sidney Simon. We feared along the way that people might not come, that we might not break even, that our speakers - all students and colleagues of Sid's might not inspire.

But in fact, people did come, we made a little money, and our speakers were fabulous! And those wonderful people who came were ever so full of kind things to say. The conference was a huge success!

And two days later I woke up in a cold sweat. What if, I asked myself. What if I have just a

much talent as those fabulous speakers - and I'm not finding a way to develop and use it? What if I'm letting fear keep me from giving important gifts to the world?

Well that was a new slant on fear for me, and it was clearly time for me to start learning better ways to act brave - especially when I'm not up to feeling brave!

Susan Jeffers' book had been sitting on my shelf for years. I'd skimmed it, but now I devoured it. And found lots of help to deal with all the little things I fear - making phone calls, engaging people in conversation, letting people know about my books, asking for help.

## Just one idea

The No Lose Decision Making Model caught and held my attention the minute I read it.



Susan credits Stewart Emery's book *Actualization* for a story about an automatic course correction instrument in an airplane. This instrument notices small 'off course' moments and adjusts to compensate. We may think we're flying in a straight line, but in fact we're making lots of little corrections all along the way - and that's what lets us stay on course.

Too many of us chart a course and stay locked in - even when it becomes clear that the straight line we think we have to follow isn't taking us where we really want to go. And then we tend to 'protect rather than correct' – justifying our original course rather

than applying all the new information we've gathered to chart a new course in our lives.

And what keep us protecting? You guessed it. Fear.

To chart a whole new course daunts and overwhelms us. So we'd rather stick with what we know – even when it's not so hot – than to stick our necks out in even a slightly unknown direction.

But Jeffers' No Lose Decision-Making Model helps us see that we don't have to start from scratch whenever we feel off course. Instead, we can carry with us the goals, dreams, and skills we've gathered – and apply new information that we've learned to adjust rather than chart a whole new course.

I don't know about you, but that's a relief! Maybe that's why setting my annual goals hasn't been such a chore in the last couple of years. I haven't had to start from scratch because my ultimate course was clear. Instead, the process has been a matter of looking for places where I felt off-course, and adjusting this year's goals to compensate.



Maybe the only thing we have to fear *is* fear itself. For more on handling fear, check out Susan Jeffers' website, [www.susanjeffers.com](http://www.susanjeffers.com). I just did and got inspired to "act as if" I am magnificent! What would I do if I were magnificent – and brave?

## And on the Subject of Fear and Books...

Order my newly released *My Uncle Dave*. In this story, Dave (easily the bravest person I've ever known) learns that responding to fear with laughter is much more effective – and fun – than responding to fear with anger.

And if you're looking for love – and there's not much in the world that's scarier than that – check out *Find the Love of Your Life!* That's how I found out that love is worth all the risks it takes!



You can find both my books on [www.amazon.com](http://www.amazon.com) or order them by contacting me at [sally@healthypeoplelearn.com](mailto:sally@healthypeoplelearn.com).

Here are the vitals.

*My Uncle Dave* \$9.35

*Find the Love of Your Life!* \$15.95

Add \$4.00 shipping and handling for each book. New York residents pay 7% sales tax.

## A Healthy Person Gets Around

★ February 21, I'm throwing myself a 50th birthday party! Toys, balloons, music, FUN! (And FEAR overcome - fear of aging, fear that no one will come, fear of attention... gone!)

★ March 7-10 and 28-30, I'm teaching the New York State Grange Institute for Leadership Development.

★ March 15, Find the Love of Your Life, at the JCC in Rochester. Email me for more info. [sally@healthypeoplelearn.com](mailto:sally@healthypeoplelearn.com).