



Conquering Fear

Harold S. Kushner

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From the best-selling author of *When Bad Things Happen to Good People*, an illuminating book about fear—and what we can do to overcome it.

An inescapable component of our lives, fear comes in many guises. In uncertain times, coping with these fears can be especially challenging, but in this indispensable book, Harold S. Kushner teaches us to confront, master, and even embrace fear for a more fulfilling life. Drawing on the teachings of religious and secular literature and on the true stories of people who have faced their fears, we are again inspired by Kushner's wisdom, at once deeply spiritual and eminently practical.

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