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THE FEAR PROJECT: WHAT OUR MOST PRIMAL EMOTION TAUGHT ME ABOUT SURVIVAL, SUCCESS, SURFING. AND LOVE



Rodale Press. Hardcover. Condition: New. 272 pages. Dimensions: 8.5in. x 5.5in. x 1.0in.An epic adventure full of incredible characters, death-defying athletic achievement, and bleeding edge science, THE FEAR PROJECT began with one question: how can we overcome our fears to reach our full potential Who among us has not been paralyzed by fear In The Fear Project, awardwinning journalist and surfer Jaimal Yogis sets out to better understand fearwhy does it so often dominate our lives, what makes it tick,...

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- Authored by Jaimal Yogis
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