



# Freedom from Fear: A Seven-Day Meditation Program

*Susan Piver*

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**Freedom from Fear: A Seven-Day Meditation Program** Susan Piver

Previously published as part of *How Not to Be Afraid of Your Own Life*.

"I have long recommended meditation as central to a healthy lifestyle. Susan Piver teaches this important practice in a trustworthy and practical way – and shows us how to use its lessons to create a fearless life."

--Andrew Weil, M.D., author of *Healthy Aging*

"Susan Piver has written a beautiful book about how to overcome fear and be empowered in your life based on her years of Buddhist practice."

--Judith Orloff, MD, author of *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love*

In this inspirational and practical guide to conquering fear and embracing joy, Susan Piver gives you a seven day meditation program to break down the barriers that are holding you back from the courage to live the life you were meant to--no holds barred. Discover the courage to live with authenticity and ease.

Susan Piver is the author of the bestselling *The Hard Questions: 100 Essential Questions to Ask Before You Say "I Do"*. She has been featured as a well-being expert on *The Oprah Winfrey Show*, CNN, *The Early Show*, and *The Today Show* and in *The Wall Street Journal*, *Time*, *Redbook*, and *O, The Oprah Magazine*. She has trained in Buddhist practice for ten years, is a graduate of Buddhist seminary, and is an authorized meditation teacher in the Shambhala Buddhist lineage. She is the meditation expert on DrWeil.com.

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