You Have the Power: Choosing Courage in a Culture of Fear, 2005, 240 pages, Frances Moore Lappe, Jeffrey Perkins, 1101143681, 9781101143681, Penguin, 2005

Frances Moore Lapp\(\tilde{\cupe}\) -author of the million-selling Diet for a Small Planet-and Jeffrey Perkins offer the radical notion that our fears can be a source of energy to create the lives and the world we want. Now more than ever, it seems, our lives and the lives of our loved ones are at risk. Our normal response is to retreat. But what if fear were not a negative force but a positive one-a source of energy and strength? Sharing their own intimate journeys with fear, as well as the experiences of others, the authors offer seven liberating notions that can help unleash your power walk into the unknown and create fulfilling, authentic life. to а more

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Only You Have the Power, Charlotte Hall, Oct 1, 2012, Body, Mind & Spirit, 48 pages. There are so many kinds of these books around, spirituality books, Angel books, Positive Thinking books and so on. I have read so many of them and tried various different ideas.

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