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From Amber Rae, the author Mind Body Green calls "the BrenÃ© Brown of Wonder," comes a book that will shift the way we relate to ourselves and our emotions, and help us reach our full potential.

Read Chapter â€” Choose Wonder Over Worry

CHOOSE WONDER OVER WORRY is your official invitation to face your fears, navigate your discomfort, and rewrite the "worry myths" in your mind that keep you from being your best and truest self. Journey with inspirational speaker and artist AMBER RAE as she connects you with your voice of worry and wonder, teaches you to listen to your emotions ...

Choose Wonder Over Worry by Amber Rae - OverDrive

Choose Wonder Over Worry is an easy to read book - although feels like a collection of mini essays on topics such as Imposter Syndrome, Addiction, and Anxiety. Each chapter is only about 5 minutes to read (bite-sized) but packs a punch.

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Choose Wonder Over Worry: Move Beyond Fear and Doubt to Unlock Your Full Potential [Amber Rae] on Amazon.com. *FREE* shipping on qualifying offers. From the powerhouse Mind Body Green calls the Brené Brown of Wonder comes a book that will shift the way we relate to ourselves and our emotions

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I'm the bestselling author of Choose Wonder Over Worry. Blending raw-and-relatable stories with actionable strategies, it's a guide to face your fears and create a life that reflects who you truly are.

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