



# You Have the Power: Choosing Courage in a Culture of Fear

*Frances Moore Lappe, Jeffrey Perkins*

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**You Have the Power: Choosing Courage in a Culture of Fear** Frances Moore Lappe, Jeffrey Perkins  
**Frances Moore Lappé-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 to walk into the unknown and create a more fulfilling, authentic life.

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