



# Some Nerve: Lessons Learned While Becoming Brave

*Patty Chang Anker*

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**Some Nerve: Lessons Learned While Becoming Brave** Patty Chang Anker

**“A compelling story of everyday courage” (Elizabeth Gilbert).**

Patty Chang Anker grew up eager to please and afraid to fail. But after thirty-nine years, she decided it was time to stop being a chicken. Motivated initially to become a better role model for her two young daughters, she vowed to master the fears that were choking the fun and spontaneity out of life. She learned to dive into a swimming pool, ride a bike, do a handstand, and surf. As she shared her experiences, she discovered that most people suffer from their own secret terrors—of flying, driving, heights, public speaking, and more. It became her mission to help others do what they thought they couldn’t and to experience the joy and aliveness that is the true reward of becoming brave.

Inspired and inspiring, this book draws on Anker’s interviews with teachers, therapists, coaches, and clergy to convey both practical advice and profound wisdom. Through her own journey and the stories of others, she conveys with grace and infectious exhilaration the most vital lesson of all: Fear isn’t the end point to life, but the point of entry.

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