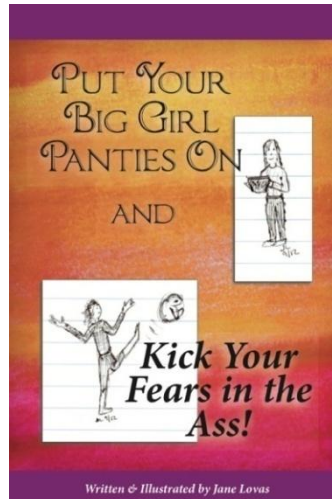


Are your Fears Controlling your life?

Author of ***Put Your Big Girl Panties On and Kick Your Fears in the Ass*** tells your audience:

1. How to face those fears that are holding you back
2. What to do when those old forgotten fears show up
3. How to visualize when you can't visualize
4. Yes you still have to get out of bed
5. But I can't draw..
6. I am NOT afraid
7. Being overwhelmed is a form of fear
8. Fear can be a good thing
9. I am too standing up



Put Your Big Girl Panties On and Kick Your Fears in the Ass is a book especially for women (and men) who appear confident on the outside and are afraid on the inside. Jane shares with readers how she deals with her fears.



Fears prevent us from doing what we want, saying what we want and being who we really are.

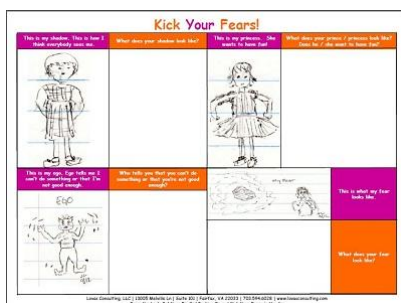
You have a dream, a passion what is keeping you from moving towards it?

Ego loves to run amok in our mind telling us how we can't do what we really want to do.

Life happens is mainly an excuse so we don't have to do the thing we really want.

Are you ready to face your fears?

The illustrations and text will take you through her challenging and open experience. Jane uses her personal stories delivered with wit and humor to show how you too can Kick Your Fears! Jane has a Master's of Science in Information Systems from Hawaii Pacific University.



Put Your Big Girl Panties On and Kick Your Fears in the Ass is available for \$9.95

call 703.594.6028 or visit kickyourfears.com