



You Are More Than You Know: Face Your Fears, Grow Stronger

Patsy Clairmont

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While suffering agoraphobia, Patsy just wanted to make it to her neighborhood grocery store and safely home again. Instead, for the past 35 years she has been speaking to millions of women (and men) offering the encouraging message of this book. In You Are More Than You Know, Patsy answers the question she is most often asked — how she overcame her fears. Patsy's trademark humor spills out along the way as she helps readers face their own fears such as: personal safety; rejection; health issues; the unknown; pain; etc.



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