

Living Like You Mean It: Use The Wisdom And Power Of Your Emotions To Get The Life You Really Want By Ronald J. Frederick

By Ronald J. Frederick

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About Erika Schanzenbach Erika manages design and social media for Highlands. She shares a home, her life, and a desire to build Christ's kingdom with her parents and

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He is the author of the award-winning book Living Like You Mean It: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want Dr. Frederick is an

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In *LIVING LIKE YOU MEAN IT*, the book uses stories and examples to help readers see that overcoming feelings phobia is the key to a better life and more

John Tsilimparis, a regular therapist on the A&E TV show, *Obsessed*, says that to be fully alive, each person's search for personal meaning should be never-ending.

In *LIVING LIKE YOU MEAN IT*, author Ronald J. Frederick, does a brilliant job of describing why people are so afraid of their emotions and how this fear creates a