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Nota di contenuto	Cover -- Title Page -- Copyright Page -- CONTENTS -- 1. Land of the Free, Home of the Brave -- A Semi-Reformed Coward -- Pioneers and Patriots -- The Wretched Refuse -- 2. From Safety Net to Feather Bed -- The Perils of Success -- Nothing Offensive -- Nothing Painful -- No Failures -- Moral Courage -- 3. Integrated Fear Management -- Emotions -- Socialization -- Social Courage -- Integrated Fear Management -- 4. Ensuring Safety -- A World of Hurt -- Back on the Horse -- Safe Places -- Bad Places -- 5. Incremental Tolerance -- Near and Remote Misses -- Desensitization -- A Common Process -- Getting Started -- 6. Evaluating Our Fears -- Psychotherapy? -- Types of Danger -- The Degree of Danger -- Available Resources -- 7. Sorting Potential Responses -- Doing Nothing -- Fighting Back -- Walking Away -- Losing -- 8. Winning -- Gaining Confidence -- Half a Loaf -- Planning -- Knowledge and Skills -- Alliances -- Self-Sabotage -- 9. Saving Ourselves -- The Collectivist Trap -- The Middle-Class Frontier -- Self-Direction -- The Occupational Frontier -- The Family Frontier -- 10. Personal Liberation -- Making Choices -- The Virtues of Freedom -- Two Intrepid Pioneers and Me -- Custer versus Sherman -- Epilogue -- Why Not Cowardice? -- Notes -- Index.
Sommario/riassunto	"Courage is not just for heroes. It is a virtue that everyone can possess.

This book will teach you how to develop the courage you never knew you had. Building upon his fifty-year career as a clinician and professor of sociology, Dr. Melvin Fein demonstrates why courage is the key to leading a successful life. He presents a five-step, reality-tested program that enables ordinary people to live up to their potential. Fein begins by explaining how to find "safe places" that provide a refuge from worries and threats. Then, with refreshing candor and common sense, he supplies tactics for tolerating fears and evaluating the best means of dealing with them. Next he demonstrates strategies that produce winning results. In our increasingly complex, middle-class society, there are few guarantees. Fein convincingly argues that self-reliance is the most dependable approach. Freedom from fear is liberating. But it must be earned. This book shows that this is not only possible, but within the grasp of the average person"--

"A sociologist argues that the consistent exercise of courage in everyday life is the key to tapping individual potential and contributing to the betterment of society"--
