

"WHAT BRENE BROWN IS TO VULNERABILITY,  
AMBER RAE IS TO WONDER."—MIND BODY GREEN

# CHOOSE Wonder OVER Worry

MOVE BEYOND FEAR AND DOUBT  
TO UNLOCK YOUR FULL POTENTIAL

AMBER RAE

*Amber Rae*

**Choose Wonder Over Worry: Move Beyond Fear and Doubt to  
Unlock Your Full Potential**



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From the powerhouse Mind Body Green calls "the Brené Brown of Wonder" comes a book that will shift just how we relate to ourselves and our emotions, and help us reach our full potential. Get worried is what we learn." ?Stacy London, NY Times bestselling author of THE REALITY about StyleWONDER is usually what we're born with." Amber Rae is the Elizabeth Gilbert of her generation. You don't have to be held back by Worry when Wonder awaits you every moment of each day. Worry or Wonder: which will you select? Why do we listen to the voice inside our mind that tells us we're inadequate, smart more than enough, or talented more than enough? How do we move beyond the fear and question that prevents us from creating a life that reflects who we truly are? CHOOSE WONDER OVER WORRY is your established invitation to handle your fears, navigate your pain, and rewrite the "be concerned myths" in your mind that keep you from being your best and truest personal. Journey with inspirational loudspeaker and artist AMBER RAE as she connects you together with your tone of voice of worry and wonder, explains to hear your emotions rather than silence them, and encourages you to seize your dreams. Through a thoughtful mixture of vulnerability, soulfulness, and technology, Amber Rae manuals you in expressing the fullness of who you are and the gifts you're here to give. NOW IS THE TIME TO RETURN TO WONDER. Why do we restrain from pursuing what counts most?



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Finally, a book for working with fear, uncertainty, stress and life's other messy emotions! In the initial chapter of Choose Wonder Over Worry: Move Beyond Fear and Self Doubt, author Amber Rae guarantees you, "Things are going to get wildly honest. Amber Rae can be an author I'm looking towards reading even more books from. In Amber's case, nevertheless, she took from every problem that she encountered a crucial bit of wisdom that informs her in the present time. I laughed and cried and resonated with Amber's words on therefore many levels. There is wisdom inside our fear, worry, anxiousness and self-question -- if we take the time to unearth it rather than allow it paralyze us. Empowering! It's about discerning the difference between what Rae calls useful get worried and toxic worry, and re-engaging with feeling of wonder you're born with. It's among those books that at first feels as though it's saying things you "already find out -eyeroll-" and then . I'm all for personal help books.. This was waiting for me from a preorder when I arrived home yesterday evening, and I curled up on the couch to begin with reading, forced myself to bed, then got up and just devoured the rest on this rainy morning. This book was hard for me to place down once I started! It's one of those books that at first feels like it's saying stuff you "currently know -eyeroll-" and you close it and realize you feel like your heart got punched. Breakthrough and Hope for people! I've known Amber for a long period, but after reading this I feel like I know her--and myself--so far better.. Others had me stopped in my own tracks. I published on social mass media that I was reading it and received many remarks that my friends were consistently getting a copy as well. I understand I'm handing mine directly to my 23-year-old daughter. There's a chapter that particularly addresses something she's coping with now. I would recommend it to anyone who is looking to get rid of self-doubt, concerns and anxieties and modification their mindsets to attain your wildest dreams. How powerful it will be for her to find a method through it via this publication rather than looking back again and regretting not addressing it well. I would recommend this book for anyone who is looking to deal with anxiety, stress, and fear, and really wants to understand how to reach their next level of potential, how to stay available to the realm of possibilities, of WONDER. Amber shows us the clearer meaning of existence without fears and anxieties... A breath of oxygen!" These words established the stage for the whole book -- where Rae blends her own private tales with the discoveries she produced when she got supremely curious about the voices of wonder and worry within her. She's a storyteller, coach, and greatest friend all covered in a single life supporting publication called Choose Wonder Over Worry. The title of the book says it all. I bought 10 copies because this will probably be the book I gift to my family members this year. Don't hesitate, just buy the book, you'll love it. The voices of worry and wonder are with most of us--the question is, the type of relationship do we choose to have got with these voices? In this book,

Amber Rae invites you to consider this query through the zoom lens of her own highly relatable life encounters. At some point on the way, Amber arrived to recognize that all feelings—also the hard ones—are a good idea allies with the right perspective. The notion these feelings we tend to push away to be "bad"—anger, jealousy, perfectionism, anxiety—might actually be in a position to serve and strengthen us, is radical to many but equally important to master. I actually devoured it in 2 days and it's probably one that I'll read over and over. There are so many moments in this book I could relate with -- the shame surrounding a failed project, the envy for a colleague who gets the chance you wanted, and the perfectionism that keeps you stuck set up. I cannot help but feel called to try carrying out the same. Amber writes with such clearness and gives wish with every admittance of failing and frustration after that turning it around showing how exactly to power those horrible and awkward feelings into action. Self Exploring Fun I love these types of books where they enable you to test your life and go deep into the problems that we need to offer within ourselves.. And books such as this one where they give you exercises and drawings and journal prompts! I want all books were this fun. Practical Guide for Every Day Wisdom This book is the ultimate guide in un-storying myself in the most compassionate, tender and fun way possible in order that I show up each day living my life.. Each chapter is designed in such a way that I am able to journal my answers to questions to help me unlock beliefs that are keeping me trapped or unkind to myself. I was transferred by the author's personal story which helped me determine my own shame and doubts (specifically raw and loved had been the vulnerable chapters about addiction and cheating). This book is my first exposure to Amber Rae and I am a fresh fan. The book shows me how I can do that as well. And reminds me I am not by yourself. It is a book I will keep coming back to over and over.. She beautifully describes how "perfectionism" keeps us stuck in a rut. She's relatable and funny, but also is that she's True, and not afraid to explore darker aspects of the psyche. Grateful. What's your romantic relationship to get worried and wonder? Choose Wonder More than Worry is the ultimate guide to un-learning I've known Amber for many years and as a lady entrepreneur, I have already been in an awe of her wisdom and her big heart in the stressful world of entrepreneurship and deeply admired her for that. Any time I looked at her I thought of child-like wonder, free from worry, free of fear and always ready to take on another big problem and I wished for that message to attain more girls and females. When she wrote Wonder over Worry, my wish came accurate! "Choose Wonder Over Worry may be the ultimate guide to un-learning. and best friend all wrapped in one life supporting book called . She skillfully marries wonder and worry, in order that wisdom is usually born. I'd like that for my ladies. She shows us how to rebuild our relationship with ourselves. Amber doesn't hold back to talk about her truth and her journey in dealing with the

difficult feelings of her life. Its is certainly Brave and boldly honest! Most likely most chapters will help her in her expansion into her wonderfully innovative and emotional life. Thank you for writing this book Amber! Life Changing. Plus I LOVE all the useful and fun processes she includes through the entire book. Buy the book.. Not someone else's version of my entire life. Amber provided me an invitation to follow my dreams and place my joy first and sometimes that's all we would have to be welcomed to the wonder inside of us!..change your daily life! An incredibly empowering and soul-freeing book. Reading Amber's story, I couldn't help but discover parallels to my own lifestyle throughout. Where many of us would shy away from these emotions, Rae encourages us to explore what these hard feelings need to teach us. That is a note that everyone must hear and that therefore many hearts will connect to.. I added this reserve to the "We'll bypass to it list" but the universe had other plans once I realized it arrived ON MY BIRTHDAY.. She's relatable and funny, but also is that she's REAL I'm enthusiastic about this reserve, because it's true, vulnerable, and raw... An invitation to be your youest you and conquer your fears! today I find myself correcting not only me but others when I listen to them worrying or my internal voice worrying I actually will tell myself aloud and my friends "choose wonder". not only that but at a time where I've experienced so incredibly unfulfilled and trapped in my daily life but then I read this publication. Some of these issues I currently knew at 47 years. I take a breath and I dive in. browse the book. Thank you Amber?? Do your heart, mind and soul a favor and buy this book! This reserve is exactly what I required at this stage of my life and it asked all those sharp questions that caused my center to pound and tears to well up and actually poked me to think about things I needed to think about again. So content I found out about this reserve through a podcast because what I discovered through this book will help me in therefore many areas of my life! I've also felt so refreshed since finishing this book! I highly recommend this book! Positive & This is a book about interrupting the patterns that hold you set up and keep you small. Amber Rae skillfully marries wonder and worry, so that wisdom is normally born. I must say i am enjoying this publication and have suggested it to my three daughters - all within their early 20's. I wish to share it with them because the message is essential and empowering. I believe if I had this publication when I was their age it would have helped me cope with conditions that I was encountering in a more successful and positive way - much less shame. The reserve reminds us that I am not by yourself.



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