



Some Nerve: Lessons Learned While Becoming Brave

Patty Chang Anker

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One woman's quest to conquer her fears and embrace life—and to inspire others to do the same

Patty Chang Anker grew up eager to please and afraid to fail. But after thirty-nine years, she decided it was time to stop being a chicken. Motivated initially to become a better role model for her two young daughters, she vowed to face the fears that had taken root like weeds, choking the fun and spontaneity out of life. She learned to dive into a swimming pool, ride a bike, do a handstand, and surf. As she shared her experiences, she discovered that most people suffer from their own secret terrors—of driving, flying, heights, public speaking, and more. It became her mission to help others do what they thought they couldn't, and to feel for themselves the powerful sense of being alive that is the true reward of becoming brave.

Inspired and inspiring, *Some Nerve* draws on Anker's interviews with teachers, therapists, coaches, and clergy to impart both practical advice and profound wisdom. Through her own journey and the stories of dozens of others who have triumphed over common fears, she conveys with humor and infectious exhilaration the most vital lesson of all: Fear isn't an end point, but the point of entry to a life of incomparable joy.

FEARS INCLUDE: Aging, Becoming Boring, Biking, Breaking bones, Bullies, Chaos, Clutter, Cold, Control (loss of), Crime, Death, Driving, Exercise, Failure, Flying, Heights, Letting go, Looking dumb, Math, Nature (esp. sharks), P.E., Pleasure, Public Speaking, Public toilets, Rejection, Roller coasters, Success, Surfing, Tubing, Unemployment, Unknown, Water, Writing. And Wedgies.

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