



You Learn by Living: Eleven Keys for a More Fulfilling Life

Eleanor Roosevelt

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Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each new thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down.

Eleanor Roosevelt, one of the world's best loved and most admired public figures, offers a wise and intimate guide on how to overcome fears, embrace challenges as opportunities, and cultivate civic pride: *You Learn by Living*. A crucial precursor to better-living guides like Mark Nepo's *The Book of Awakening* or Robert Persig's *Zen and the Art of Motorcycle Maintenance*, as well as political memoirs such as John F. Kennedy's *Profiles in Courage*, the First Lady's illuminating manual of personal exploration resonates with the timeless power to change lives.

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