



How to Lengthen Your Stride: Without Getting a Hernia

K. Douglas Bassett

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In his book *How to Lengthen Your Stride without Getting a Hernia*, best-selling author K. Douglas Bassett gives you clear insights and remedies for combating the negative consequences of fear. Daily fears and anxieties manifest their crippling effects in disbelief, anger, anxiety, worry, and stress. Bassett will teach you how to overcome these vices and replace them with virtues such as: Gratitude, Optimism, Love, Humor, and Faith Drawing from his career as a skilled educator, K. Douglas Bassett explores the process of fear, its many faces, and the self-defeating behaviors that cause you to doubt yourself. You ll learn how to face your fears, anxieties, and self-doubt and arrive at that hoped-for place of freedom a peaceful, fulfilled life of joy.

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