



# **Dare to Be Yourself: How to Quit Being an Extra in Other Peoples Movies and Become the Star of Your Own**

*Alan Cohen*

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## **Dare to Be Yourself: How to Quit Being an Extra in Other Peoples Movies and Become the Star of Your Own** Alan Cohen

In this powerful map to self-discovery, Alan Cohen draws on sources from Buddhism to the Bible, from Gandhi and Einstein to A Course In Miracles, sharing many of his own radiant moments of revelation on the spiritual path. He shows how we can let go of the past, overcome fear, and discover the power of love in our lives. Once we are engaged in the work of truly being ourselves, each challenge becomes an opportunity for growth, each choice a lesson in commitment, each relationship a renewal of God's work.

Dare To Be Yourself will dramatically enlighten, empower, and enliven you as you awaken to life and love and the unique gifts that are yours to give the world.

"Alan Cohen has a rare and precious quality. He inspires happiness, and the message itself is as pure as his heart." -- Hugh Prather

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