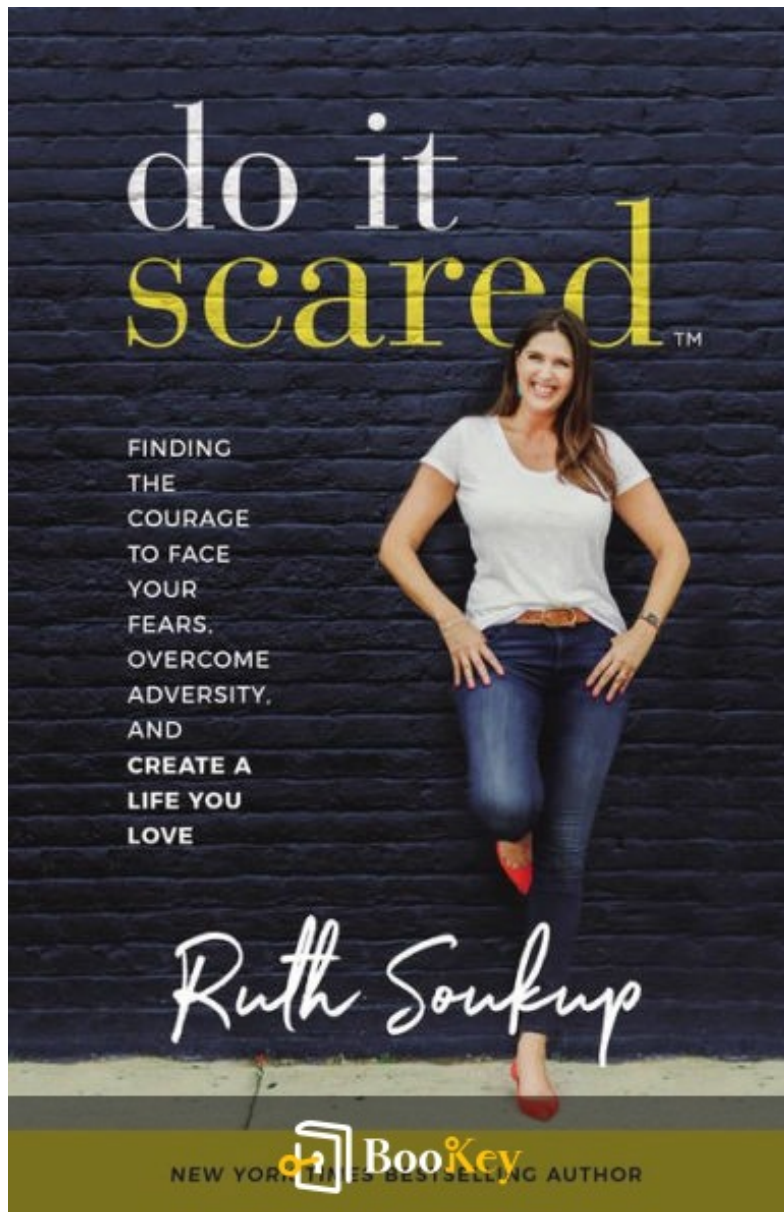


# Do It Scared PDF

Ruth Soukup



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# About the book

## Discovering Courage: A Transformational Journey

*\*Do It Scared\** is the perfect blend of tough love and encouragement, packed with easy-to-follow advice designed to help you confront your fears and initiate genuine change for substantial results.

### Imagine a Life Without Fear

What if fear was no longer a barrier for you? Envision taking the plunge and actively pursuing your dreams rather than watching from the sidelines of your own existence.

We often convince ourselves that we are too preoccupied to chase our aspirations. But what if the real hindrance is fear itself? Fear of inadequacy—worrying we aren't good enough, smart enough, or talented enough. Fear of ridicule, potential harm, or rejection. Fear of the effort it might take to achieve our true potential, and perhaps most intimidating of all, fear of failure.

However, courage isn't the absence of fear. Authentic courage is about taking steps forward in the midst of fear. It's about choosing to act, even when you're scared.

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## How to Confront Your Fears

How do we tackle these fears and take that crucial initial step? How do we navigate around barriers that seem daunting or even impossible?

*\*Do It Scared\** by renowned blogger and podcast host Ruth Soukup equips you with the tools to:

- Identify your unique Fear Archetype™—the distinct kind of fear keeping you stagnant and how to overcome it.
- Expand your vision for your life and aspirations.
- Actively seek constructive feedback to achieve monumental goals.
- Embrace the core principles that will help you conquer various types of fears.
- Unlearn the myth of an idealized “balance.”
- Release guilt and truly focus on your dreams.

Prepare to leave the sidelines behind and immerse yourself in your own life as you boldly choose to *\*Do It Scared\**.

Praise for *Do It Scared*:

"If you're ready to stop living small and embrace a brighter future, Ruth Soukup gives you the practical steps to make a change. *\*Do It Scared\** is your actionable guide to identifying personal limitations, overcoming fears, and crafting the life you desire."

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—Michael Hyatt, New York Times bestselling author

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# Do It Scared Summary

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# Who should read this book **Do It Scared**

"Do It Scared" by Ruth Soukup is ideal for individuals who find themselves grappling with fear and self-doubt in various aspects of their lives, whether it be in their personal goals, career advancements, or relationships. This book is especially beneficial for those who feel paralyzed by their insecurities or past failures and are looking for actionable strategies to overcome obstacles and step outside their comfort zones. Entrepreneurs, creatives, and anyone in a transitional phase of life will find valuable insights and encouragement to take bold steps towards their ambitions with confidence. Whether you're seeking inspiration, practical advice, or a motivational push, this empowering guide is for anyone ready to conquer their fears and pursue a more fulfilling life.

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# Key insights of Do It Scared in table format

| Category        | Summary   |
|-----------------|---|
| Author          | Ruth Soukup   |
| Genre           | Self-help, Personal Development   |
| Main Theme      | Facing fears and taking action despite feeling scared   |
| Key Concepts    | <ol style="list-style-type: none"><li>1. Fear is a natural part of growth</li><li>2. Identifying and understanding your fears</li><li>3. Tools for overcoming fear</li><li>4. Developing a courageous mindset</li><li>5. Taking consistent action towards your goals</li></ol>  |
| Book Structure  | <ol style="list-style-type: none"><li>1. Introduction: Understanding Fear</li><li>2. The Fear Spectrum: Different types of fear</li><li>3. The 7 Types of Fear and Corresponding Action Steps</li><li>4. Strategies to Move Forward (Action Steps)</li><li>5. Building a Support System</li><li>6. Conclusion: Embracing Your Journey</li></ol> |
| Target Audience | Individuals looking to overcome personal fears and achieve goals, especially women.   |
| Notable Quotes  | <ol style="list-style-type: none"><li>1. 'The only way to get over your fears is to face them.'</li><li>2. 'Courage is not the absence of fear, but the willingness to take action in spite of it.'</li></ol>   |
| Takeaway        | Embracing fear as a catalyst for growth and using it to propel oneself towards fulfilling one's dreams.   |



# Do It Scared Summary Chapter List

1. Introduction: Understanding the Importance of Fear in Our Lives
2. Chapter 1: Facing Your Fears to Unlock Your Potential
3. Chapter 2: Identifying Your Unique Fear Archetype
4. Chapter 3: Developing a Roadmap to Conquer Fear
5. Chapter 4: Embracing Action as the Antidote to Fear
6. Chapter 5: Building a Support System for Your Journey
7. Conclusion: Transforming Fear into Fuel for Success

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# 1. Introduction: Understanding the Importance of Fear in Our Lives

Fear is an innate and universal emotion that has played a vital role in human survival and evolution. It acts as a natural alarm system, alerting us to danger and prompting us to avoid potentially harmful situations. However, despite its evolutionary benefits, fear can also be a significant barrier that prevents us from achieving our full potential. In "Do It Scared," Ruth Soukup delves into the complexities of fear, urging readers to shift their perspective on this powerful emotion.

Understanding the importance of fear in our lives begins with recognizing its dual nature. On one hand, fear can protect us from real threats—wilderness predators, extreme weather, or risky decisions. On the other, it can become a cage, trapping us in a cycle of avoidance and self-doubt that stifles growth and courage. Soukup emphasizes that acknowledging and confronting our fears is the first step toward personal transformation. Rather than allowing fear to dictate our actions, we must learn to harness its energy to propel us forward.

In her exploration, Soukup introduces the idea that fear is not something to be eliminated but rather understood and utilized. Each of us has unique fears that stem from our personal experiences and backgrounds, and by dissecting these fears, we can uncover deeper insights into our motivations and

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aspirations. This awareness not only demystifies the emotion but also empowers us to face challenges head-on.

Fear often manifests in various forms—fear of failure, fear of judgment, fear of the unknown—and Soukup draws attention to the fact that it's a common thread in the human experience. The book encourages readers to dissect how these fears impact their lives and provides actionable strategies to confront them. Soukup's approach is rooted in the belief that by embracing our fears, we create opportunities for growth and self-discovery.

Ultimately, "Do It Scared" invites us to adopt a fearless mindset, where fear becomes a catalyst for exploration rather than a limiter of potential. By viewing fear as an essential part of our journey rather than an obstacle to be avoided, we open ourselves to a profound transformational process. The journey to understanding fear is not about banishing it but about learning to dance with it, using it as motivation to reach our fullest potential.

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## 2. Chapter 1: Facing Your Fears to Unlock Your Potential

In "Do It Scared," Ruth Soukup emphasizes the crucial role that fear plays in shaping our lives, not simply as an obstacle but as a catalyst for personal growth. Fear is an inherent part of the human experience, a primal reaction designed to protect us. However, when we allow fear to dictate our actions and decisions, we can become trapped in a cycle of self-doubt and inaction. Understanding this relationship with fear is the first step towards unlocking our true potential.

Soukup opens Chapter 1 by urging readers to confront their fears head-on rather than avoiding or suppressing them. This confrontation is not about recklessly throwing oneself into fear-inducing situations; instead, it involves a deliberate examination of what we fear and why. By doing so, we begin to unravel the preconceived notions and limiting beliefs that have held us back.

To face our fears, Soukup suggests a methodical approach that starts with acknowledging them. This acknowledgment is not an admission of weakness; rather, it is a powerful act of self-awareness. Understanding the root of our fears is key—are they based on past experiences, societal expectations, or fear of failure? This clarity allows us to reframe our perceptions and recognize that many fears are irrational or exaggerated, products of our imagination rather than reality.



Next, Soukup introduces the concept of viewing fear through a different lens. Instead of allowing it to paralyze us, we can choose to see fear as an opportunity for growth. Each fear holds the potential for discovery and can serve as a guide to what we truly care about or desire in our lives. For instance, the fear of failure might indicate an area in which we have a passion or ambition that we are not pursuing.

Another pivotal aspect of facing our fears is taking incremental steps towards action. Soukup encourages readers to set small, achievable goals that provide a sense of accomplishment. This gradual approach not only builds our confidence but also demonstrates that we can live alongside our fears rather than being consumed by them. Each step taken is a testament to our resilience and adaptability.

Moreover, Soukup highlights the importance of self-compassion during this journey. As we confront our fears, it is crucial to be kind to ourselves. Fear can elicit feelings of shame or inadequacy, but acknowledging our struggles without harsh judgment helps create a supportive inner dialogue. This self-acceptance paves the way for us to progress.

In summary, Chapter 1 of "Do It Scared" sets the stage for a transformative journey. By facing our fears, we not only unlock our potential but also

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redefine our relationship with fear itself. Ruth Soukup skillfully guides us to see fear as a force that, when embraced rather than avoided, can propel us towards our dreams and aspirations. The path is not easy, but it is one filled with opportunity, and the rewards of facing our fears far outweigh the comfort of remaining stagnant.

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## 3. Chapter 2: Identifying Your Unique Fear Archetype

In “Do It Scared,” Ruth Soukup dives deep into understanding fear, emphasizing that it is not merely an emotion to be avoided but a crucial element that shapes our lives and decisions. Building upon the foundation set in Chapter 1 about facing our fears to unlock true potential, Chapter 2 focuses on identifying our unique fear archetypes.

Fear can manifest in various forms, and recognizing how it specifically affects us can empower individuals to take proactive steps toward overcoming it. Soukup outlines different archetypes—each representing a distinct way fear influences our behaviors and choices. By categorizing these archetypes, the author provides readers with a clear framework through which they can understand their personal fears and the underlying reasons for their responses to challenges.

The first fear archetype discussed is the **\*\*Overthinker\*\***. Overthinkers are often paralyzed by their thoughts, contemplating every possible outcome and thus delaying action. This archetype is characterized by a tendency to overanalyze situations, leading to increased anxiety and avoidance. For individuals identified as Overthinkers, Soukup advises acknowledging these thought patterns and consciously working towards simplifying decisions, allowing for movement forward despite the fear.



Next, Soukup introduces the **Warrior** archetype, who confronts fear head-on but may lean into aggression as a coping mechanism. While Warriors are proactive, their battle-ready approach can sometimes lead to burnout and heightened stress. Recognizing the need for balance, Soukup encourages Warriors to incorporate moments of reflection and rest into their routines to maintain their mental and physical health.

The **Avoider** archetype follows, characterized by a tendency to sidestep fear, often resulting in missed opportunities and stagnation. Avoiders may find themselves deeply entrenched in comfort zones, missing chances that could lead to personal growth. Soukup emphasizes the importance of small, gradual exposure to feared situations, helping Avoiders to build confidence and resilience over time, rather than overwhelming them with direct confrontation.

Following the Avoider, the **Perfectionist** archetype reveals a tendency to let fear of failure hinder progress. Perfectionists often set unrealistically high standards for themselves, leading to fear of not measuring up. This chapter encourages Perfectionists to challenge their internal critic, adopting an attitude of embracing imperfections and celebrating small achievements as stepping stones towards larger goals.

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Lastly, Soukup describes the **\*\*Procrastinator\*\***, who uses distraction as a way to avoid facing fears. This archetype often leads to excessive delays in achieving goals and a cycle of guilt and shame. By identifying as a Procrastinator, readers can begin to understand the root causes of their avoidance and implement solutions like setting specific deadlines or accountability partnerships to motivate themselves toward action.

By identifying with one or more of these archetypes, readers gain valuable insights into their fear responses and can better navigate their personal journeys. Soukup reminds us that fear is not inherently negative; rather, it can be a guiding force that, when understood, illuminates paths toward growth. With a clearer understanding of their fear archetypes, readers are encouraged to embrace this knowledge as a foundation for the next steps in their journey to overcome fear, which she will go into in Chapter 3 with strategies on developing a roadmap to conquer it.

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## 4. Chapter 3: Developing a Roadmap to Conquer Fear

Fear can often feel like an insurmountable wall, blocking us from reaching our true potential and pursuing our aspirations. However, by developing a structured roadmap to confront and conquer our fears, we can transform that wall into a bridge, leading us toward the life we desire. In this chapter, we will explore key strategies for crafting a personalized roadmap that empowers you to face your fears head-on.

The first step in developing your roadmap is to thoroughly understand the nature of your fears. Write down the specific fears that hold you back. For example, are you afraid of failure, judgment, or the unknown? Get specific about how these fears manifest in your life and what impact they have. This clarity is crucial; it allows you to deconstruct the fears and understand their root causes, which can sometimes be surprising and enlightening.

Once you have identified your fears, the next step is to establish your goals. What do you want to achieve despite these fears? Be bold in your aspirations. It can help to use the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-Bound) to articulate your goals clearly. Instead of saying, "I want to be less fearful," aim for something more concrete, like, "I will give a public presentation on my work within the next six months." Setting clear goals gives you a destination to work toward.



With your goals in mind, break them down into smaller, actionable steps. Each step should feel manageable and lead you gradually toward overcoming your fears. If your goal involves public speaking, your actionable steps might include: researching and choosing a topic, practicing your speech in front of a mirror, recording your presentation, and ultimately presenting it to a small group before the final event. The smaller steps should progressively take you out of your comfort zone while still being achievable.

Visualizing your journey is an essential part of this process. Create a visual roadmap that outlines each step with milestones placed along the way. This can be a physical board, a digital planner, or even a simple checklist. The act of visualizing your journey will not only clarify your path but will also keep your goals at the forefront of your mind, making it easier to recalibrate when fear tries to deter you.

Accountability is another vital component of your roadmap. Share your goals and action steps with someone supportive—a friend, coach, or mentor. This person can help motivate you, encourage you when doubts arise, and celebrate your successes. Having someone else invested in your journey increases your chances of sticking to your plan, making it harder to back out when fear kicks in.

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As you navigate your roadmap, you will encounter challenges and setbacks. It's essential to expect these and prepare for them mentally. Each obstacle should be viewed as a growth opportunity. Reflect on what went wrong, learn from the experience, and adjust your plan accordingly. This reflective process will strengthen your resilience, allowing your roadmap to evolve as you do.

Finally, celebrate your progress. Each time you accomplish a task on your roadmap, no matter how small, acknowledge it and reward yourself. Celebrating progress keeps you motivated and reinforces your ability to conquer fear, creating a positive feedback loop that further empowers your journey.

In summary, developing a roadmap to conquer fear involves understanding your fears, setting specific goals, breaking those goals into manageable steps, visualizing the journey, fostering accountability, preparing for challenges, and celebrating achievements. By following these steps, you will equip yourself with the tools needed to face and overcome your fears, ultimately transforming your aspirations into reality.

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## 5. Chapter 4: Embracing Action as the Antidote to Fear

In the journey to overcome fear, one of the most powerful strategies we can employ is action. Ruth Soukup emphasizes that fear, while a natural response to challenges and potential threats, can often keep us paralyzed in inaction. To move beyond the limits imposed by our fears, we need to actively engage with our concerns, transforming them from insurmountable barriers into stepping stones toward personal growth and achievement.

Action serves as a direct counterbalance to fear. When we face our fears through concrete steps, we not only diminish their grip on us, but we also begin to build confidence in our abilities. Soukup suggests that fear may never completely disappear, but by embracing action, we can learn to manage it effectively. Each small step taken in the direction of our goals can help us feel a sense of accomplishment, encouraging us to take the next step and the next.

The process of embracing action involves several vital components. First, it is essential to shift our mindset from one of fear and doubt to one of possibility and opportunities. Soukup introduces the concept of reframing fear as a guide rather than an enemy. By recognizing that fear often indicates the areas where we can grow, we can harness its energy to propel us forward instead of holding us back.





Next, Soukup stresses the significance of setting clear intentions. Instead of being overwhelmed by our fears, we can break down our goals into manageable actions. This approach not only makes our objectives feel less intimidating but also allows us to celebrate small victories. Each tiny action we take towards overcoming fear builds momentum, gradually leading to more significant achievements.

Furthermore, Soukup emphasizes the importance of accountability. Sharing our fears and our goals with others can create a supportive environment that encourages us to follow through with our actions. It acts as a commitment device, making us less likely to retreat into complacency. Surrounding ourselves with individuals who inspire and challenge us can create a rich tapestry of support, helping us to confront our fears head-on and take meaningful steps forward.

An essential element of embracing action is the understanding that failure is a natural part of the journey. Soukup challenges the mindset that sees failure as a negative outcome. Instead, she presents it as an essential learning tool—each misstep offers valuable insights that can inform our next actions. This perspective allows us to view challenges not as threats, but as opportunities for growth.

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Moreover, Soukup stresses self-compassion throughout this process. As we take action and potentially stumble, it is crucial to treat ourselves with kindness. Acknowledging that we are doing our best, even in the face of fear, helps to create a more forgiving and motivating environment for personal development.

In conclusion, embracing action as the antidote to fear is not just a singular choice; it is a continuous practice. By choosing to take incremental steps each day, reframing our perceptions of fear, and surrounding ourselves with supportive individuals, we can shift the trajectory of our lives. Soukup's insights encourage us to step beyond the confines of fear, liberating ourselves to pursue our passions and live life fully engaged, turning fear into the fuel that drives us to success.

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## 6. Chapter 5: Building a Support System for Your Journey

In a world where fear often feels isolating, the importance of a robust support system cannot be overstated. Ruth Soukup emphasizes that to truly confront and conquer our fears, we must connect with others who can guide, encourage, and uplift us. A well-structured support system acts as a safety net, providing emotional sustenance, practical advice, and a sense of camaraderie in the pursuit of our goals.

Building such a system starts with understanding who you surround yourself with. Ask yourself: Who are the people that inspire and motivate you? These can be friends, family members, mentors, or even peers who share similar aspirations. Soukup suggests taking a proactive approach by evaluating your current relationships—do they empower you, or do they sow doubt and anxiety? It's essential to seek out those whose energies align with your ambitions and who will celebrate your victories with genuine enthusiasm.

Another key element Soukup highlights is the value of accountability. When embarking on significant changes or confronting daunting fears, having someone to hold you accountable can make a substantial difference. This can take the form of a partner with whom you share your goals, a coach who provides professional guidance, or even an online community where others are on a similar journey. The act of voicing your goals to someone else not

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only crystallizes your intentions but also creates an external commitment to follow through, making it that much harder to retreat into fear.

In addition to accountability, Soukup encourages the establishment of a diverse support network. This network should include individuals from various walks of life and different areas of expertise. For instance, if your fear lies in stepping out into the public arena—perhaps through public speaking or launching a business—connecting with someone who has already conquered those fears can provide valuable insights and strategies. Diverse perspectives enrich your understanding and offer novel solutions to challenges you might not have considered.

Furthermore, Soukup stresses the importance of constructive feedback within your support system. Surrounding yourself with people who will lovingly challenge you to improve and grow is vital. Feedback should never be dismissive but rather aimed at helping you refine your approach and adapt your strategies. This constructive criticism, delivered in a supportive environment, can foster tremendous personal growth, especially when facing fears.

As the journey progresses, it's also essential to maintain open communication with your support system. Sharing fears, setbacks, and achievements creates a strong bond and reinforces trust among members.

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Regular check-ins can maintain engagement and ensure that everyone is on the same page, ready to support one another through thick and thin.

Celebrate milestones together, no matter how small; these celebrations bolster morale and remind you that fear can be overcome with persistence and collaboration.

Soukup also advocates for being a source of support for others in your network. As you grow and learn, passing on wisdom and encouragement not only strengthens those relationships but reinforces your own commitment to your journey. Helping others can provide a sense of purpose and boost your confidence as you see the positive impact you can have on those around you. This reciprocal relationship makes the journey less lonely and more fulfilling.

In conclusion, building a support system is a critical step in navigating your fears and pursuing your goals. By surrounding yourself with positive, inspiring individuals, establishing accountability, securing diverse insights, communicating openly, and contributing to the success of others, you create a nurturing environment where fear can transform into purpose-driven action. Soukup's insights remind us that while fear can be daunting, leaning on a supportive community can turn the struggle into a collective journey towards success.

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## 7. Conclusion: Transforming Fear into Fuel for Success

In the transformative journey outlined in "Do It Scared" by Ruth Soukup, fear emerges not as an adversary but as an essential component of personal growth and success. It is through understanding and confronting our fears that we can harness their power to propel us forward. The conclusion encapsulates this pivotal idea: fear, when acknowledged and embraced, can become a dynamic catalyst for achieving our goals and realizing our full potential.

By facing our fears head-on, we unlock the doors to opportunities that lie just outside our comfort zones. Rather than allowing fear to paralyze us, Soukup encourages us to view it as a compass guiding us toward our most significant aspirations. Each fear we confront possesses the potential to reveal our strengths and capabilities; it is in these moments of vulnerability that we can discover resilience we never knew we had.

Identifying our unique fear archetype, as discussed in earlier chapters, is a critical step in this transformation. Understanding the specific fears that hold us back equips us with tailored strategies to face them squarely. Each archetype highlights different fears—whether they stem from failure, rejection, or inadequacy—and recognizing these can help us develop more personalized approaches to overcoming the obstacles in our path.

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Developing a roadmap to conquer these fears, as outlined in Chapter 3, empowers us with direction and purpose. This proactive planning not only mitigates fear's impact but also creates a structured approach to pursue our goals with confidence. By breaking our aspirations into manageable steps, we reduce the overwhelm often associated with fear, turning daunting paths into achievable milestones.

Action, discussed in Chapter 4, emerges as the most effective antidote to fear. The simple act of moving forward—whether it's making a phone call, sending an email, or stepping onto a stage—can diminish fear's grip and redirect its energy towards achievement. Each action taken, no matter how small, chips away at fear's power and builds momentum, reinforcing the understanding that we are capable of handling whatever comes our way.

Moreover, surrounding ourselves with a supportive community, as emphasized in Chapter 5, is crucial. A strong support system provides encouragement and accountability, helping us to navigate our fears collaboratively. Sharing our struggles and triumphs with others not only fosters connection but also reinforces our resolve to overcome barriers and pursue our ambitions.

Ultimately, as we transform fear into fuel, we learn to embrace the journey

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rather than solely focusing on the destination. This paradigm shift allows us to appreciate the growth that comes with each challenge faced. By adopting this mindset, fear transitions from a signal of potential failure to an indicator of growth, making every triumph felt along the way all the more significant.

In conclusion, "Do It Scared" empowers us to redefine our relationship with fear. As we recognize it not as a limit, but as a powerful motivator, we open ourselves up to a world teeming with possibilities. By facing our fears, understanding their origins, taking decisive action, and cultivating a supportive network, we change the narrative from one of trepidation to one of unstoppable success. Fear, ultimately, becomes the very fuel that propels us towards fulfilling our dreams and aspirations.

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## 5 Key Quotes of Do It Scared

1. Fear is not the problem; it's how we respond to fear that determines the outcome of our lives.
2. You cannot wait for fear to leave before you take action; you must act in spite of it.
3. Courage is not the absence of fear, but the ability to move forward in its presence.
4. When you embrace the fears that hold you back, you empower yourself to forge a new path.
5. Taking the first step, even when you're scared, is what truly leads to growth and transformation.





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