

JENNIFER GOODMAN LINN YOU FEARLESS

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I've learned how to manage fear the hard way.

I was 33 years old and newly-married when uncontrollable night sweats and fevers sent me to a series of doctors. The diagnosis was sarcoma, a rare and often fatal form of cancer. I was told my odds of beating the disease were 50/50. Worse, there was no clear path or blueprint for how to proceed.

For the past 6 years, I have slogged through eight courses of chemotherapy to shrink the tumors and six grueling surgeries to remove them. Five relapses later, I continue to beat the odds by not giving in to the disease - by living a fearless life.

This is no easy task. I do it minute by minute, day by day.

Much to my surprise, I've discovered that my life has become richer and more rewarding since my diagnosis. What I once viewed as obstacles, I now see as opportunities.

I noticed that when I took fear out of the equation and “went for it”, I was more creative, more inspiring and more effective both at home and at work. I was able to express myself more fully, resulting in a happier, more satisfied life.

When my fears dissolved, life began to happen.

We all have a choice in how we want to live our lives ... I have chosen to be **Me Fearless**. I have applied this approach to every aspect of my life and, in the process, I've discovered that amazing things present themselves.

My mission now is to encourage those around me to apply that philosophy to their lives and relish in the results. You *can* become **You Fearless**.



Contact Jen

Jennifer Goodman Linn
Speaker, Marketing Strategist, Survivor

917.750.9564 office
347.982.5199 mobile
www.youfearless.com web
jen@youfearless.com email
youfearless facebook
@fearlessjen twitter

