

Living without fear

by Sergio Fernández



LIVING WITHOUT FEAR

DARE TO MAKE A NEW START

BY SERGIO FERNÁNDEZ

221 pages

■ From the author of **Vivir sin jefe**, Plataforma's long-seller (11th edition)

SYNOPSIS

We are currently going through a passionate and decisive moment in history but one which frightens many of us. Luckily, many others dare to live fearlessly. In this book, Sergio Fernández asks us questions which will change the way we see the world. Why don't we commit suicide? Do we already know that the best moment doesn't exist? Are we still moaning? Do we behave like mosquitoes? Do we have work or projects? Did we learn anything from the Titanic? These are just some of the questions that will help us to lead a fuller and more meaningful life: a life without fear.



ABOUT THE AUTHOR

Sergio Fernández is a coach, a communications consultant, a journalist, a writer, a conference speaker and a trainer specializing in personal development at www.developia.es. He collaborates on different media. He is in charge of the radio show, "Pensamiento Positivo" which is about personal growth and practical psychology. He graduated in Publicity and Public Relations and holds a Master in Personal, Management and Business Coaching.

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