



# Unleash Your Dreams: Tame Your Hidden Fears and Live the Life You Were Meant to Live

*Michael E. Silverman*

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## Advance praise for UNLEASH YOUR DREAMS

"Michael Silverman is a brilliant and deeply compassionate psychologist whose book gives all of us hope for clarity and positive momentum in achieving our dreams. His understanding and practical methodology offer a path out of the woods of unconscious personal sabotage. The journey through his book has been a most enlightening one."

—BETTY BUCKLEY, Tony Award-winning singer/actress

"Practical yet profound, Michael Silverman's strategies for recognizing and overcoming latent fears about success, failure, or mediocrity will be of great use to readers of all kinds. These are provided with a scientific base and a sure, sensitive clinical touch. Highly recommended."

—STEPHEN P. HINSHAW, Ph.D., Professor and Chair, Department of Psychology, University of California at Berkeley

"As a professional golfer, I know firsthand about the fear of success and how daunting it can be. But I also know that facing fears is the best way to overcome them. Dr. Silverman's approach to this complex issue will help readers understand that they don't necessarily have to lose what they have in order to get what they want. I recommend it highly to anyone who wants to achieve his or her best."

—CRISTIE KERR, winner of the 2007 U.S. Women's Open

"Unleash Your Dreams offers a fascinating look at how to stop self-sabotaging behavior and get out of your own way so that you can truly achieve your dreams. Dr. Silverman draws on a powerful combination of scientific research, clinical experience, and personal insights to show you how to uncover your true desires, face your fears, and get what you want out of life."

—DR. RICK KIRSCHNER, author of *Dealing with People You Can't Stand* and *Insider's Guide to the Art of Persuasion*

"Whether you're just breaking into a field or planning to be the next box-office sensation, Unleash Your Dreams is a must-read. Dr. Silverman's engaging book can help you to identify the mental barriers associated with achieving your dreams."

—CECELIA PLEVA, casting director, *Late Night with Conan O'Brien*

Do you sometimes wonder whether the only thing standing between you and your dreams is you? In this groundbreaking book, psychologist and brain researcher Michael Silverman introduces a practical three-step program to help you confront your fears head-on by asking the tough questions about who you really are, what you're afraid of, and what you really want. He then shows you how to identify your own dreams, target the underlying ambivalence that may be holding you back, and conquer the fears you must overcome to realize your true destiny.

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