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Flying Free: Life Lessons Learned on the Flying Trapeze

Lynn Braz

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Flying Free: Life Lessons Learned on the Flying Trapeze Lynn Braz
Life lessons come at you fast when you're thirty feet in the air, facing your fear of heights and a host of other fears, self-defeating thoughts and false beliefs while attempting a flying trapeze trick. In Flying Free: Life Lessons Learned on the Flying Trapeze, Lynn Braz uses trapeze as a vehicle for overcoming fear and perfectionism, and discovering deeper passion and joy in her world, lessons she's applied to every area of her life. Initially an exercise in facing her fear of heights, the author quickly discovered trapeze was teaching her how to free herself from negativity and self-limitation, how to develop tenacity, energize her life and achieve her goals. Written for everyone who dreams of discovering hidden talents, passion and joy, Flying Free helps you create a happier, more rewarding life. "Flying Free is one of those books to keep by your bed and pick up for daily inspiration on how to face fears, keep going and conquer whatever it is that stops you from fulfilling your dreams. A fun and easy read." ~ E. Katherine Kerr, Award-winning stage and film actor who costarred in Silkwood, Children of a Lesser God, Suspect, among many others. She is also the author of The Four Principles: Applying the Keys of Brilliant Acting to Life

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