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The Power of the Meerkat

Tame Your Fears to Survive This Century

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Genres : Well-Being/Self-Help

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This book bridges the gap between personal and collective development.

Fears hover over our daily lives: fear of global warming, the future, failure... They provoke anxiety and stress; they can even feel paralyzing. We are therefore prone to fleeing or fighting them. Yet fear is, above all, a warning that precedes danger. It has a protective and very compelling power to mobilize. Why not lean into our fears to draw out the best in us, for ourselves and for others? No longer fearing fear would inoculate us against the policies of terror while enabling us to sketch out more inventive futures. With humorous cartoons by comics creator Mathieu Burniat.

Sales in France: 9,000 copies