Opening Your Heart to Confidence, Intimacy, and Joy. Susan Piver; read by the author. Macmillan Audio. Buy the book. Digital Audio. Trade Paperback.Â MACMILLAN NEWSLETTER. Sign up to receive information about new books, author events, and special offers.Â Susan Piver: How Can I Heal a Broken Heart? How Not to Be Afraid of Your Life by Susan Piver--Audiobook Excerpt. Reviews. Praise for How Not to Be Afraid of Your Own Life. â€œI have long recommended meditation as central to a healthy lifestyle. Susan Piver teaches this important practice in a trustworthy and practical way--and shows us how to use its lessons to create a fearless life.â€ Andrew Weil, M.D., author of Healthy Aging. About the author. Susan Piver; read by the author. You might also like similar books to How Not To Be Afraid Of Your Own Life: Opening Your Heart To Confidence, Intimacy, And Joy, like Listening Below the Noise: A Meditation on the Practice of Silence 0. Listening Below the Noise: A Meditation on the Practice of Silence Book by Anne D. LeClaire.Â The Unmistakable Touch of Grace: How to Recognize and Respond to the Spiritual Signposts in Your Life Book by Cheryl Richardson. 0 Like. Meh. A new perspective on life, on what brings joy. Her personal stories were cathartic for me to read, and her meditation instruction is good. And like I said, the retreat was awesome. In short, this book is well titled and surprisingly helpful.Â I thought I am not afraid of my life. However, the book describes how we all have fears that we don't recognize. The most intriguing part for me was that I had been contemplating for a long time about doing a retreat at home for a day or two.Â Susan Piver, founder of the Open Heart Project, author and meditation teacher gives us a really wonderful, down-to-earth and anecdotal look at opening up one's heart to life and self-acceptance in this book. I LOVED it! A must read!