



# You Learn by Living: Eleven Keys for a More Fulfilling Life

*Eleanor Roosevelt*

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**You Learn by Living: Eleven Keys for a More Fulfilling Life** Eleanor Roosevelt

*Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each new thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down.*

Eleanor Roosevelt, one of the world's best loved and most admired public figures, offers a wise and intimate guide on how to overcome fears, embrace challenges as opportunities, and cultivate civic pride: *You Learn by Living*. A crucial precursor to better-living guides like Mark Nepo's *The Book of Awakening* or Robert Persig's *Zen and the Art of Motorcycle Maintenance*, as well as political memoirs such as John F. Kennedy's *Profiles in Courage*, the First Lady's illuminating manual of personal exploration resonates with the timeless power to change lives.

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