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He is the author of the award-winning book Living Like You Mean It: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want Dr. Frederick is an

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Elisabeth Brown, Psy.D. is a licensed psychologist in private practice in Chester, NJ. In independent practice since 1984, she works with individuals, couples and

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In LIVING LIKE YOU MEAN IT, the book uses stories and examples to help readers see that overcoming feelings phobia is the key to a better life and more

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Why is it so hard for us to feel alive and present in our own lives? The problem, Dr. Ron Frederick says in his book, Living Like You Mean It, is our fear of our own