



## INTRODUCTION

Do you ever wonder where it all went wrong? Where was that moment, the fork in the road where it all changed? Why you didn't snap up that opportunity or take that chance? It was all a bit scary wasn't it?

Did you know we are born with only 3 natural Fears. They are:

- Fear of falling,
- Fear of loud noises and
- Fear of Abandonment.

However, the most common Fear worldwide, is the Fear of Failure.

All other "fears" have been learned. But the good news - if these fears are learned, that means you can re-learn them, trample that fear, and Get Back Up and into the game.

Amanda has a plethora of experience in facing fears, both real and perceived, has a healthy relationship with failure and has helped thousands of people to move through their fears and embrace failure as part of the keys to success.

Affectionately known as the Get Back Up Girl, Amanda is here to:

- Uncover the Blessin' in the Lesson
- Help you Get Back Up after a fall
- Make friends with Failure

So get comfortable, open your mind and prepare yourselves to Get Back Up and get into life! Amanda has asked us to warn you, there may be tears of laughter and sadness, but don't worry, she can't be serious ALL the time!

Please help me give a big, warm welcome to the The Get Back Up Girl, Amanda McRae!