



Becoming Fearless: My Ongoing Journey of Learning to Trust God

Michelle Aguilar

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Michelle Aguilar's inspiring story goes beyond her grand-prize victory on the immensely popular *The Biggest Loser*. *Becoming Fearless* is about having faith in God when you've lost faith in yourself. It is an encouragement to "feel the fear" in any obstacle in life without being paralyzed by it. Finally, it is a story about reconciliation between Michelle and her mother, an exploration of the difficult and freeing work of forgiveness, and a reminder that what you learn on the journey is even more important than the destination.

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