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Becoming Fearless: My Ongoing Journey of Learning to Trust God

Michelle Aguilar

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Becoming Fearless: My Ongoing Journey of Learning to Trust God Michelle Aguilar

As the Season 6 winner of The Biggest Loser, Michelle Aguilar goes beyond her grand-prize victory to inspire readers to overcome fear.

In *Becoming Fearless*, readers will discover Aguilar's motivation not only for winning the show, but facing her deep seated fears. They will discover they have a lot to lose as well—whether it's fear, weight, or insecurities that keep them from living a full life.

Becoming Fearless is a story of reconciliation between a mother and a daughter, a testament to the power of forgiveness, and a reminder that the journey is even more important than the destination. It is an encouragement to "feel the fear" in any situation without being paralyzed by it. Will you have faith in God when you've lost faith in yourself?

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